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Tuesday

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#### GADHAFI'S ADVANTAGE

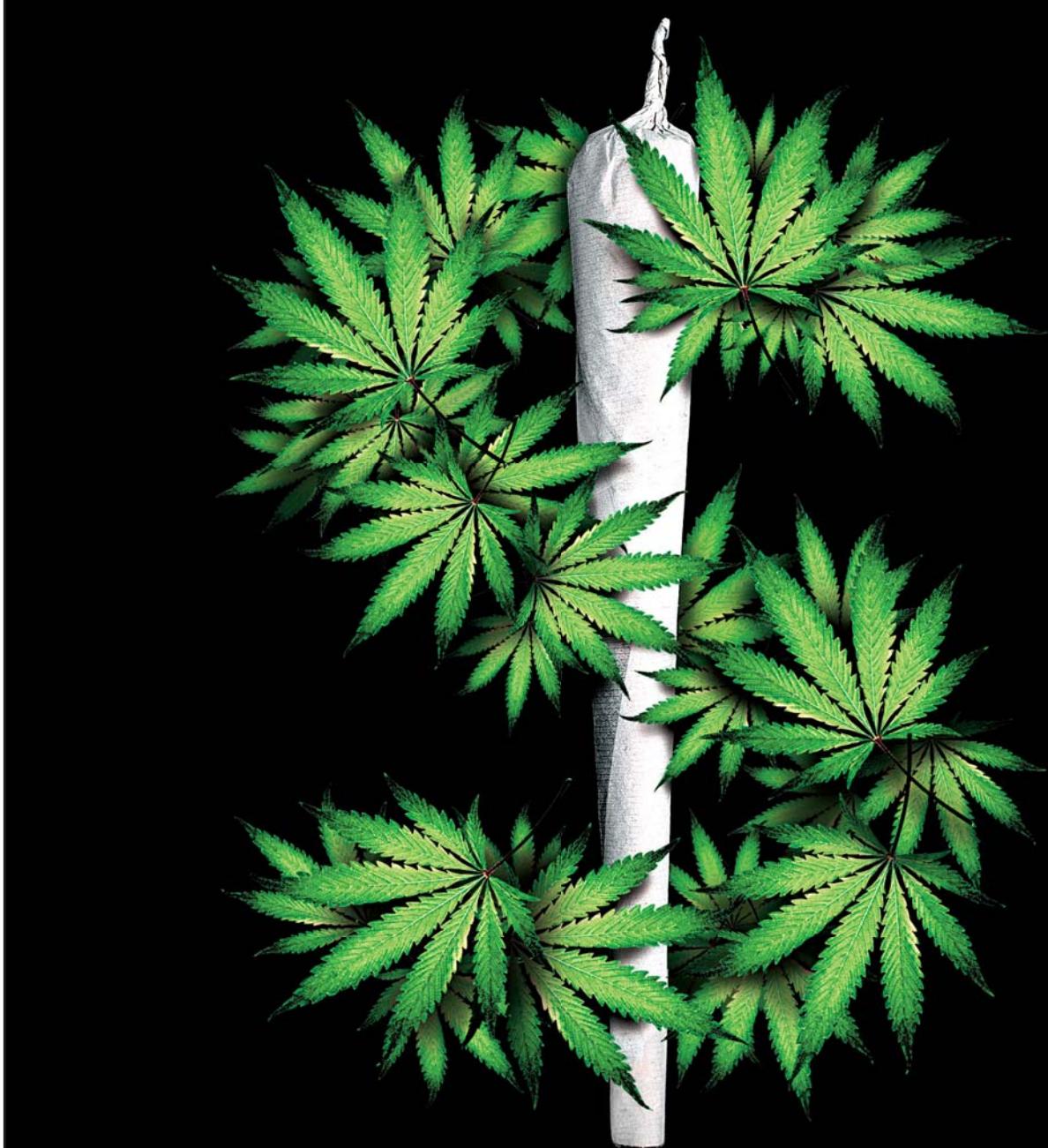
**Planes pound rebel forces** as pleas for a no-fly zone intensify **6**

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eye openers

## Hey, Wheels Are Wheels

A man in Hazard, Ky., charged with stealing an ambulance says he just needed a ride home. The ambulance crew was inside a hospital for just a few minutes Friday night and left the keys in the ignition. Shane Hale told the police officer who pulled him over that he only needed to get home and was going to call the ambulance service the next day and report where the vehicle was. (AP)

**"I ended up being a slave. At first I didn't care, but after people were bidding on people, it kind of made me a little mad and stuff."**

—NIKKO BURTON, AN ELEMENTARY SCHOOL STUDENT IN GAHANNA, OHIO. HE OBJECTED TO THE MOCK SLAVE AUCTION HELD IN HIS SOCIAL STUDIES CLASS AS PART OF A LESSON.

## From 1 (Biebs' Haircut) To 10 (Raining Blood), This Is a 3.5 Apocalypse Sign

A raven is to blame for an hour-long power outage Sunday afternoon in much of downtown Anchorage, Alaska. The bird will nevermore darken the city. Municipal Light and Power workers found its carcass at a switchyard where its wings shorted out electrical lines. The incident brought down three substations serving about a third of downtown Anchorage. (AP)

## The Big Picture

JOSEPH KACZMAREK/AP



**A LEPRECHAUN** (or a human dressed like one, anyway) waits for a bus in Philadelphia on Saturday night. A pub crawl called the Shamrock Shuttle was taking place along several blocks nearby. (AP)

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# Complex Math Behind Gas Prices

An array of factors play in to how much we pay at the pump

## Economy

When Jay Ricker, owner of a BP filling station in Plainfield, Ind., set the price of unleaded gasoline at \$3.44 per gallon on Monday of last week, it was 4 cents higher than the Friday before.

That alone might have been irritating to drivers. It was even more so because it happened on a day when the price of crude oil, which is used to make gasoline, fell almost \$1 a barrel.

"It's up 20 cents one day, down 10 cents the next day," says Oscar Elmore, who was filling up in Dallas recently. "It sounds kinda fishy to me."

Gas prices rise when oil prices rise, and fall when oil prices fall — except when they don't. What you pay at the pump depends on an array of factors, from what happens on an exchange in New York to what the competition charges.

Gas reached a national average of \$3.51 a gallon on Monday.

A year ago, the price was \$2.75. The average is the highest it's ever been this time of year, and analysts expect it to climb higher still.

Oil is the biggest factor in gas



SETH WENIG/AP

**38 Cents**

The rise in the cost per gallon of wholesale gasoline since the unrest in Libya began on Feb. 15. (AP)

## Trading Up

Oil and gas are commodities, and their prices can change every second at the New York Mercantile Exchange, above, and other trading hubs. Those changes affect the cost of the next day's commute. Sellers of commodities, such as gas station owners, price their product based not on what it costs to produce it, but on what it costs to replace it. (AP)

prices, and recent upheaval in the Middle East and strong global demand have pushed oil prices over \$100 a barrel for only the second time in history.

Gas prices can be moved by oil prices, refinery problems or even weather. Gas prices are expected to rise in the next few weeks

as refiners switch to pricier summer blends because the warm air makes gas evaporate faster.

Every day at 5 p.m., BP tells Ricker, the Plainfield station owner, what the final wholesale price will be starting at 6 p.m. Ricker decides what to charge customers based on his chief concern: competition.

## Meanwhile ...

**Southwest Airlines Co.** has joined a sweeping increase of \$10 in the price of many domestic round-trip airfares, citing the need to offset high fuel prices. The airline is on pace to spend \$1.3 billion more on fuel this year than last year, officials said. Southwest carries more U.S. passengers than any airline and wields great influence over prices. It's the sixth time airlines have raised fares this year. (AP)

Still, there are only two or three pennies per gallon in profit selling gas for most station owners. What Ricker wants is to attract customers to sell the truly precious liquids, the soda and coffee inside.

When wholesale gas prices rise fast, station owners get squeezed or even lose money because competition prevents them from raising prices as fast as costs are rising.

So, if it seems like station owners take their time lowering prices when oil and wholesale gas get cheaper, it's because they do.

"If gasoline prices drop a dime, a station will only pass along one or two pennies a day," says analyst Patrick DeHaan. "They are slower to pass along the discount because they need to make up for money they lost." (AP)

## In Brief

### LAS VEGAS

#### Ensign Plans to Retire

Republican Sen. John Ensign of Nevada, damaged politically and facing a Senate ethics investigation over an extramarital affair, said Monday he won't seek re-election next year. Ensign insisted the ethics investigation didn't affect his decision to retire, and he again denied he broke the law or ethics rules. (AP)

### PHILADELPHIA

#### Report: Boat Captain On Phone Before Crash

The mate piloting a tug boat in last summer's deadly collision of a tourist boat and a barge was consumed by a family emergency and on his cell phone at the time, a government report on the crash said Monday. The barge hit an amphibious "duck boat" July 7, killing two. (AP)

### MIAMI

#### Abuse, Murder Charges For Parents in Fla. Death

A 10-year-old Florida girl and her brother suffered prolonged abuse before the girl's father beat her to death, police said Monday. Jorge and Carmen Barahona have been charged with murder and child abuse in the girl's death. The other twin, found badly burned, survived. (AP)



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## Nation

# Gitmo Trials to Resume

Obama's decision is a new setback for his vow to close facility

### Washington

President Obama approved Monday the resumption of military trials for detainees at the U.S. prison at Guantanamo Bay, Cuba, ending a two-year ban.

It was the latest acknowledgement that the detention facility Obama had vowed to shut down within a year of taking office will remain open for some time. But even while announcing a resumption of military commission trials, Obama reaffirmed his support for trying terror suspects in U.S. federal courts — something that's met strong resistance in Congress.



### Backstory ...

President Obama ordered in January 2009 a ban on new cases against terror suspects at the U.S. detention facility in Guantanamo Bay, Cuba. On Monday, however, he overturned that ban and signed an executive order that will create a system for indefinite detention without trial for Guantanamo detainees deemed a threat to U.S. security. (THE WASHINGTON POST/AP)

become untenable because of questions about where terror suspects would be held. Lawmakers object to their transfer to U.S. federal courts.

The White House also reiterated that the administration remains committed to eventually closing Guantanamo Bay, though Monday's actions did not seem to bring that outcome any closer. (AP)

"The American system of justice is a key part of our arsenal in the war against al-Qaeda and its affiliates," Obama said in a statement.

The first trial likely to proceed under Obama's new order would involve Abd al-Rahim al-Nashiri, the alleged mastermind of the 2000 bombing of the USS Cole.

Closure of the facility has

**Walker Stands Firm:** Wisconsin Democrats who fled nearly three weeks ago asked Monday to meet with Gov. Scott Walker to talk about changes to his plan to eliminate most public workers' union rights, a request Walker dismissed as "ridiculous." Walker's budget proposal remains in limbo because, without the 14 Democrats, the state Senate does not have a quorum. Recall efforts have been launched against Republican and Democratic senators. (AP)



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PRESIDENT OBAMA, OFFERING ON WEDNESDAY HIS EXPLANATION OF VEGEMITE TO AN INQUIRING STUDENT. OBAMA AND AUSTRALIAN PRIME MINISTER JULIA GILLARD, WHO SAID SHE LOVES THE SPREAD, VISITED AN AREA SCHOOL AND DISCUSSED THEIR NATIONS' CLOSE TIES.

# \$1.5M Bail Set for East Coast Rape Suspect

Media blitz spurred breakthrough tip in 12-year manhunt

New Haven, Conn.

A man who is suspected of living a Jekyll-and-Hyde lifestyle as he sexually assaulted women from Virginia to Rhode Island over 12 years asked, "Why haven't you picked me up sooner?" when he was arrested last week, a prosecutor said Monday in court.

Aaron Thomas, 39, appeared in New Haven Superior Court in Connecticut on a charge of raping a woman in 2007 in her New Haven home in front of her baby.

Prosecutor David Strollo said the unemployed truck driver described himself as having "a Dr. Jekyll and Mr. Hyde" personality regarding women.

Over the weekend, investigators searched a yellow Colonial with blue shutters where neighbors said he lived with his girlfriend and 5-year-old son.

Authorities say DNA confirms Thomas is the so-called East Coast Rapist wanted for attacks in Connecticut, Maryland, Rhode Island and Virginia.

Investigators say there are 12 attacks with 17 victims, including 14 sexual assaults; two abductions in which victims either escaped or were not assaulted; and one

## Backstory



**Police sponsored a recent media blitz** — with composite sketches on billboards along the East Coast and a website — to find the so-called East Coast Rapist behind 12 attacks in four states. A tip last week led police to arrest Aaron Thomas, 39, in Connecticut, and authorities say DNA identifies him as the attacker. (TWP/AP)

peeping offense for which DNA was found.

Officials said a tip from Prince George's County, Md., directed them to Thomas.

Courtroom spectators gasped as Strollo described the cases, which include the 2007 New Haven case and the rape of two teenage trick-or-treaters in 2009 in Woodbridge, Va.

Thomas was arrested Friday on Connecticut. He tried to hang himself Saturday in his cell.

Bail was set for Thomas at \$1.5 million. Thomas faces charges in Connecticut and Virginia, but authorities expect additional charges will follow. (AP/THE WASHINGTON POST)

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# World

## In Brief

LIMA, PERU

### Van Der Sloot to Plead Insanity, Says Lawyer



Joran van der Sloot's lawyer says his client will plead guilty to killing young Peruvian Stephany Flores — who he met gambling — but argue temporary insanity in a bid for a shorter sentence. Van der Sloot remains the key suspect in the 2005 disappearance of U.S. teenager Natalee Holloway in Aruba. (AP)

TUNIS, TUNISIA

### Tunisian Government Scraps Hated Police Unit

Tunisia's prime minister named a new interim government on Monday and a much-hated police unit was disbanded as the interim leadership of this North African nation seeks to stabilize a country still finding its way after a popular revolt. Prime Minister Beji Caid Essebsi kept the heads of the key defense, interior, justice and foreign affairs ministries but named new figures to six posts. (AP)

MEXICO CITY

### Mexico Town Fires Young Police Chief Who Fled

A young woman who made international headlines when she accepted the job as police chief in a violent Mexican border town was fired Monday for apparently abandoning her post after receiving death threats. Marisol Valles Garcia was granted a leave of absence March 2-7 to travel to the U.S. but failed to return to Praxedis G. Guerrero as agreed. (AP)

# Gadhafi Forces Strike at Rebels

Libyan warplanes push back opposition with repeated attacks

### Ras Lanouf, Libya

Repeated airstrikes by Libyan warplanes on Monday illustrated the edge Moammar Gadhafi holds in his fight against rebel forces marching toward the capital: He controls the air. After pleading from the uprising's leaders, Britain and France began drafting a U.N. resolution for a no-fly zone in Libya that could balance the scales.

President Obama warned that the U.S. and its NATO allies are still considering military options to stop what he called "unacceptable" violence by Gadhafi's regime. NATO decided to boost flights of AWACS surveillance planes over Libya from 10 to 24 hours a day, U.S. Ambassador to NATO Ivo Daalder said.

"I want to send a very clear message to those who are around Colonel Gadhafi. It is their choice to make how they operate moving forward. And they will be held accountable for whatever violence continues to take place," Obama said Monday.

### U.S. Deal on Ice

In the months before Libya imploded in civil war, the U.S. government quietly green-lighted a \$77 million deal to provide at least 50 refurbished armored troop carriers to Moammar Gadhafi's army, approving a license that signaled growing American business contacts with his regime. Congress, concerned the deal would improve Libyan army mobility, balked and effectively stalled the deal until the turmoil in the country scuttled the sale. (AP)

Libyan warplanes launched multiple airstrikes Monday on opposition fighters regrouping at the oil port of Ras Lanouf on the Mediterranean coast a day after they were driven back by a heavy government counteroffensive aimed at stopping the rebel drive toward Tripoli, Gadhafi's stronghold.

The rebels oppose any Western ground troops deploying in Libya, but they're pressing for a no-fly zone to relieve them of the threat from the air. The rebels can take on "the rockets and the tanks, but not Gadhafi's air force," said Ali Suleiman, a rebel fighter at Ras Lanouf. "We don't want a foreign military



Rebels flee after an airstrike by Libyan warplanes Monday in Ras Lanouf, Libya.

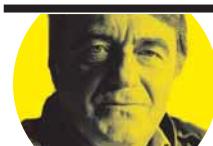
# \$160M

The amount of money sought by United Nations officials for emergency aid to the up to 1 million foreign workers and others trapped in turmoil-stricken Libya. (AP)

calls for a no-fly zone, with the foreign minister of the United Arab Emirates saying at a conference of his country's neighbors that the U.N. Security Council should "shoulder its historical responsibility for protecting the Libyan people."

Still, Western military intervention does not seem imminent. British and French officials said the no-fly resolution was being drawn up as a contingency.

PAUL SCHEMM AND RYAN LUCAS (AP)



**Across Borders:** As part of a campaign to promote understanding between Jews and Muslims and to fight Holocaust denial, the nine-hour epic French documentary "Shoah" was broadcast Monday in Iran. Claude Lanzmann's film includes testimony from concentration camp survivors and employees about the slaughter of millions of Jews in Europe during World War II. He worked for 11 years on the film, which was released in 1985. (AP)

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# World

## U.S. Mulls Afghan Agenda Post-War

Gates: No permanent military bases after troops leave in 2014

### Kabul, Afghanistan

The United States is beginning to decide what its responsibilities will be in Afghanistan after U.S. combat troops leave, Defense Secretary Robert Gates said Monday, but he ruled out permanent military bases in the strategically important country.

President Hamid Karzai wants U.S. military support even as he heavily criticizes the current U.S.-led military campaign for being too quick on the trigger. Nine Afghan boys died in an accidental air strike last week, reopening a raw issue.

Gates said the U.S. is interested in keeping a military presence in this former al-Qaeda haven beyond the planned end of combat in three years. At a news conference with

### Withdrawing Forces

**Defense Secretary Robert Gates also said** the U.S. and its allies will be "well positioned" to begin withdrawing forces in July this year, although he gave no specifics. The withdrawal would continue through 2014, with Afghan forces gradually taking over the fight against the Taliban-led insurgency. (AP)

Karzai, Gates said a team of U.S. officials would arrive here next week to begin negotiations over a new compact for U.S.-Afghan security relations after 2014, when all international combat forces are supposed to be gone. U.S. forces have been in Afghanistan since 2001, and President Obama has repeatedly said the war is not open-ended.

Gates' promise to draft a post-2014 "strategic partnership" with this poor, unstable nation is meant to reassure the mercurial Karzai.

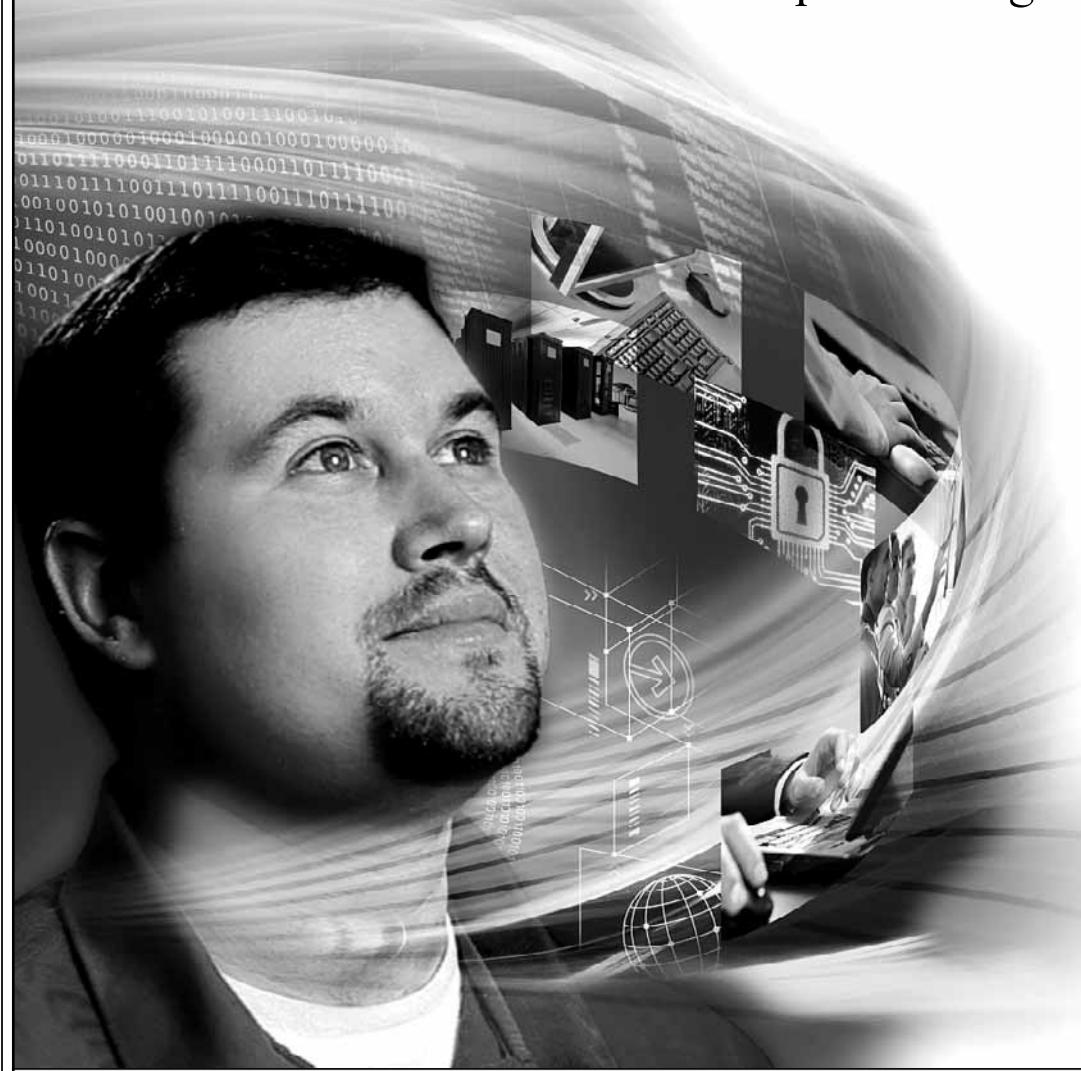
ROBERT BURNS (AP)

### Tibetans Welcome the New Year



**TIBETAN BUDDHIST NUNS** display colored flags during the third day of "losar," or the Tibetan New Year, on Monday in Dharamsala, India. Believed by Tibetans to spread prayers to the wind, these flags known as "lungta"—or wind horse—represent five elements: fire, earth, water, air and sky.

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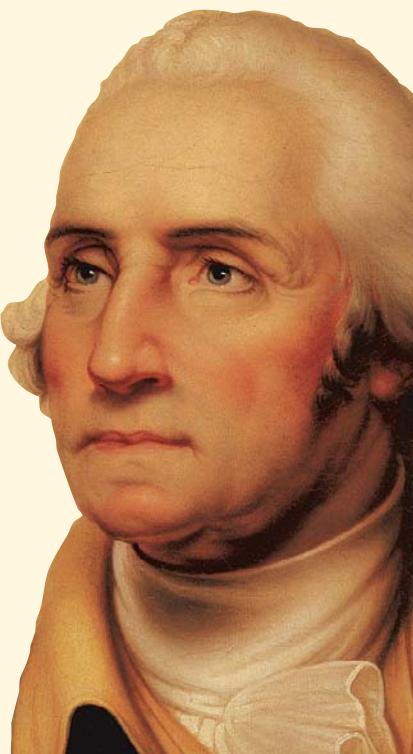
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# World



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## Democracy Fails To Pay in Guinea

Prices for staples soar, adding to country's deepening poverty

#### Conakry, Guinea

Even as a dictator plundered the country's mineral wealth for years, Karim Conte still could afford to buy medicine for his sick relatives and a new outfit for his wife to wear during the Muslim holy month of Ramadan.

So when Guineans chose their first democratically elected leader ever last year, Conte thought life could only improve. Instead, prices have since spiraled out of control, adding to the misery in this West African country where people have long suffered through colonialism, despotic rule and coups.

"I've banished meat, fish and chicken from my diet because these staples have now become luxuries for Guineans," said the 62-year-old father of 14.

Analysts blame previous misrule by a military junta that seized

power in 2008 and printed extra money just to pay the government's bills. Others say price-gouging by worried merchants is only making matters worse.

Now the financial despair sweeping Guinea threatens to further inflame the country's ethnic tensions that were exposed during

**\$32**

The cost of a 110-pound sack of rice since President Alpha Conde took office Dec. 21 after the runoff election. The rice previously cost \$20.

the election and its aftermath: Some blame the skyrocketing prices on members of an ethnic group whose candidate lost the historic vote, although misrule and theft by past leaders is a major factor.

Even new President Alpha Conde has said he will fight the Peul businessmen who funded his opponent's campaign, calling them "an economic mafia that is impoverishing our country."

BOUBACAR DIALLO (AP)

**6K** The number of ancient Iraqi ivories on display at the British Museum. The museum said Monday it acquired the almost 3,000-year-old pieces from mystery maven Agatha Christie and her husband, British archaeologist Max Mallowan, who led an excavation at the site of the Assyrian capital of Nimrud between 1949 and 1963. (AP)

# Cover Story



# D.C.'s Pot Pioneers

MICHAEL S. WILLIAMS/TWP

Eager entrepreneurs line up for a piece of the District's medical marijuana business

## Washington

Montgomery Blair Sibley may be best known as the lawyer who defended the D.C. Madam, the infamous escort service owner who claimed to attend to the needs of Washington's elite.

Sibley has a new focus these days, one that's luring a rabbi, a waitress, a State Department technician and a gaggle of other fledgling entrepreneurs: growing marijuana and selling it to sick people in the nation's capital.

He and his partners have divined a logo ("Rx" over a pot plant) and a company name (the Medicinal Marijuana Company of America) and have found a New York Avenue warehouse at which they hope to grow enough pot to make a profit in the first year.

But the District is only part of Sibley's grand plan, which is to turn his

growing operation into a national chain as ubiquitous as McDonald's. "I want to be the Ray Kroc of medical marijuana," Sibley said, referring to the man behind the golden arches.

### Ready to Strike

Every new industry is driven by risk-taking pioneers, and it's no different with medical marijuana in the District.

As the Gray administration finalizes regulations, some of those entrepreneurs are crafting business plans, lining up financing, and anticipating fierce competition to obtain licenses to operate five dispensaries and 10 cultivation centers. Whether moti-

vated by the prospect of profit or a belief in marijuana as a therapeutic salve — or a mixture of both — everyone is cagey about their plans.

"People are hiding in the shadows," said Alan Amsterdam, a co-owner of the hemp store who is part of a team hoping to open a dispensary and cultivation center. "Then they'll strike like a cobra."

### \$10K

The amount of money a license to dispense medicinal marijuana will cost in the District.

The team that runs the Medicinal Marijuana Company of America stands at their loading dock on New York Avenue in Washington. They are among a group of risk-takers hoping to cash in on D.C.'s new law.

### Steady Growth

As an industry, medicinal marijuana has exploded since the mid-1990s, with 15 states and the District approving legislation. And although D.C. voters supported medicinal marijuana in a referendum in 1998, Congress blocked the law's implementation until last year. An unanswered question is a key detail: Where will cultivators get their seeds to grow marijuana? (TWP)

### A Rabbi's New Calling

Jeffrey A. Kahn is a rabbi who, with his wife, hopes to open a dispensary in Takoma Park. Kahn's emergence as a potential dispenser inspired the headline "From Bima to Pot Seller" in the weekly Washington Jewish Week.

Kahn, no longer the leader of a congregation, said he saw the relief marijuana gave his father-in-law, who suffered from multiple sclerosis. "We're not entrepreneurs," he said. "We've been in the same profession for 20 to 30 years, and this is our midlife crisis, and we're looking for something else. This would provide us with the chance to make a living and help people."

Clayton Williams, 45, an electrician from Baltimore, also sees purpose in growing marijuana for the sick, something he said he's done unofficially in his city. He was ready to apply for a District license until he learned that the city won't accept applications from convicted drug felons. A couple years ago, he said, Balti-

**Montgomery Blair Sibley, 54**, is a descendant of a long line of American titans, including a great-great-grandfather who was the namesake for Blair House, across from the White House. Another great-great-grandfather founded Western Union. A lawyer for 30 years, Sibley was suspended by the Florida bar in 2008 for failing to pay \$100,000 in child support, leaving him with time to pour into his new marijuana business.

**Todd Mizis, 34**, an audio-visual specialist for the State Department, has visions of owning a bakery that makes cookies, brownies and cupcakes laced with cannabis, all of which he would sell to dispensaries. Mizis even has a name for his venture: Baked DC.

**Amber McKay, 25**, a mother of three and a waitress at Pane E Vino, an Italian restaurant at the Lorton Town Center, said she recognized a new frontier when D.C. legalized medicinal marijuana last year. She consulted her father, who asked, "Are you serious?"; her stepmother, who blanched; and her pastor, who said, "Oh, really?"

more police arrested him after finding 104 pot plants in his basement.

Still, Williams has not lost hope. D.C. may be off-limits, but his home state and others are considering proposals to legalize medical marijuana. If they're more inviting, he said, he's ready to grow.

PAUL SCHWARTZMAN (THE WASHINGTON POST)



# More Shutdowns to Come

Metro plans another cut to Orange Line service for the next two weekends

Metro reopened stations on the Orange and Blue lines Monday in time for normal commuter service to begin but cautioned that two more shutdowns, this time in Northern Virginia, are coming the next two weekends.

The transit authority will cut service between the East Falls Church and West Falls Church stations beginning Friday at 10 p.m. through the system closing on Sunday. Rail service will also not operate between the two stations during the weekend of March 18-20.

The shutdowns are part of the con-



Service between East Falls Church and West Falls Church, above, will be cut Friday at 10 p.m.

struction of the Metrorail extension to Loudoun County.

Metro plans to bridge the two stations,

which will remain open, with free shuttle buses. Passengers should add 30 minutes to their travel time.

Metro's most recent shutdown, March 4-6, closed five stations on the eastern end of the Orange Line and cut service between the Stadium-Armory and Benning Road stations on the Blue Line.

Officials said Metro continued work to stabilize the ground around a train bridge outside the Cheverly station and made repairs to the aerial structure; upgraded track circuits near Deanwood; replaced 2,000 feet of track; repaired 19 escalators and 14 elevators; and made repairs to the platform at the Minnesota Avenue station.

Crews also installed 6,000 feet of cable to improve cellphone coverage.

(THE WASHINGTON POST)

## METRO PULSE

If you could have a chat with the Obamas over a White House-brewed beer, what would you talk about?



"I would say I would thank him for the unemployment benefit extension. Thank you for your efforts and persistence, and allowing us to have time to find jobs."

**Princess Kyle, SUITLAND**

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# Local

## Gray Aide Wants \$10M

Mayor's consultant part of group claiming D.C. owes back pay

### Washington

Howard Brooks, the campaign consultant for Mayor Vincent C. Gray who Sulaimon Brown has accused of paying him last summer, was part owner of a now-defunct business that has been seeking Gray's help to collect \$10 million from United Medical Center, which is now owned by taxpayers.

In a letter sent to Gray Feb. 23, an attorney for Southeast Imaging PLLC renewed efforts to collect money the company claims it was never paid when it handled

radiological services from 2005 to 2007 at the long-troubled hospital in Ward 8.

City and hospital officials said they have refused to pay the claim, arguing the company had been overcharging.

The letter from the company was sent two weeks before Brown, a former mayoral candidate, told The Washington Post that Brooks and Gray transition chairwoman Lorraine Green gave him payments last year in exchange for attacking former mayor Adrian M. Fenty on the campaign trail.

The letter was sent to Gray and some council members even

though a former partner in the company, Dr. Charles Hunter, who is also listed on incorporation papers, said he had no knowledge of it and "doesn't know anything about \$10 million."

But interviews with council members, hospitals and a former staffer for Gray reveal Brooks has a relationship with the mayor and former council chairman and tried to get him to intervene on the company's behalf.

In early 2008, when Brooks' company and United Medical Center got into a dispute over payment, Gray had his council chief of staff, Dawn Slonberger, ask Council member David A. Catania, I-at large, if the city could help mediate the dispute. **TIM CRAIG**  
(THE WASHINGTON POST)



Gray

washingtonpost.com



MARK GAITWP

**NICOLE PUGH, LEFT**, new Advisory Neighborhood commissioner for ANC8E01, attended a Ward 8 Young Democrats meeting on Feb. 12 in Southeast. Pugh, part of a growing civic energy east of the Anacostia River, won the seat when she wrote her own name on the ballot on Election Day in November.

**Not Yet in the Bag:** Montgomery County Executive Isiah Leggett proposed a 5-cent bag tax Monday that would apply to nearly all retail establishments, not just stores that sell food, as is the case in the District. The proposal would cover "any supermarket, convenience store, shop, service station, restaurant or any other sales outlet where a customer purchases goods," according to legislation language released Monday. **(THE WASHINGTON POST)**



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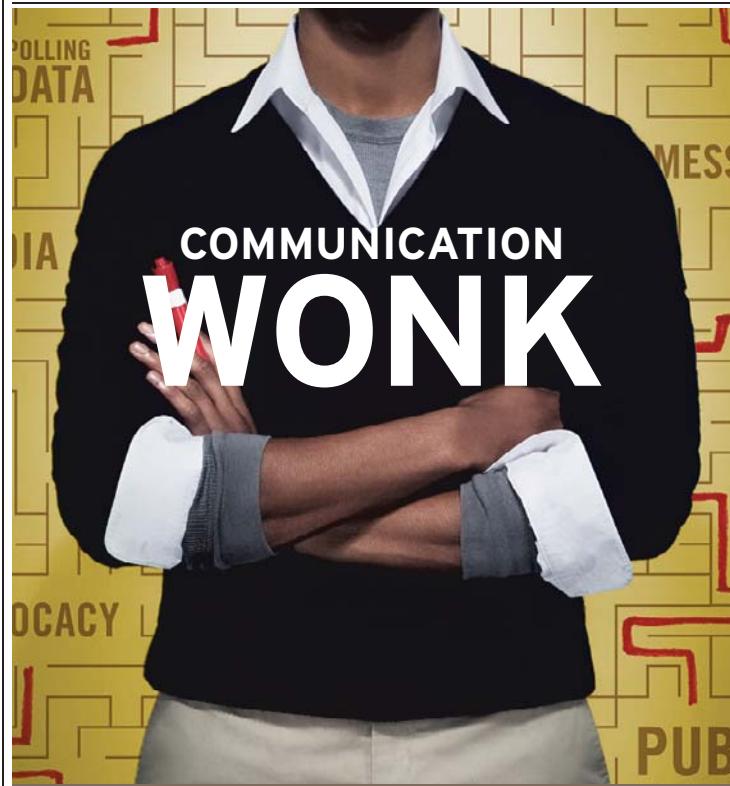
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## D.C. Police Officer Nabbed As Part of Sting

### Washington

An off-duty Metropolitan Police Department officer who was allegedly paid for her part in a burglary, waiting in a car with her police radio, has been arrested as part of a sting operation.

Jennifer Green, 28, was arrested Saturday and charged with attempted receiving stolen property. According to court information, Green met with a confidential informant who told her about a planned burglary, which Green agreed to participate in. The burglary was a hoax, however, part of a Metropolitan Police Department criminal investigation. **(AP)**

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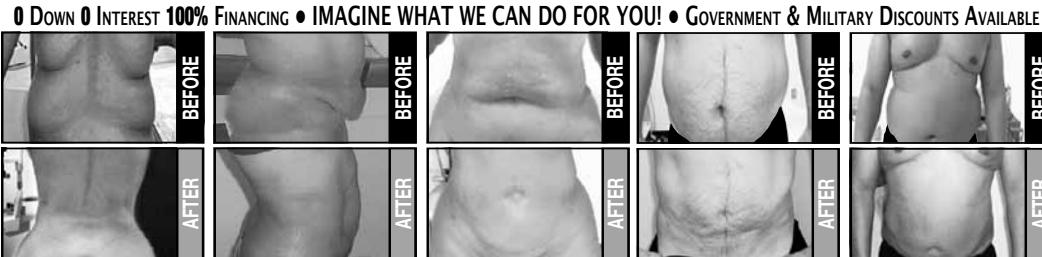
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# Local



Elyse Moody views Daisy McClellan's jewelry in the Temporium in Mount Pleasant.

## Pop-Up Retail Shops Gain Traction Across District

### Washington

There was no certainty that the Temporium, a temporary "pop-up" retail boutique featuring 17 local designers, would take off when it launched in July at 13th and H streets NE.

Not only did it, well, pop up during the dog days of summer — one of the slowest sales periods for retail — but the concept of opening a store for a few weeks was pretty much unheard of in these parts. Over four weekends, however, the Temporium welcomed 1,616 visitors and pocketed \$11,427 in sales after taxes.

That success has spawned two more temporary stores now open in the Mount Pleasant and Shaw neighborhoods of the District. Like their predecessor, the new boutiques are an outgrowth of the D.C. Office of Planning's Temporary Urbanism initiative to transform vacant commercial space into lively destinations that highlight the retail potential in emerging neighborhoods.

Though sales tax revenue is the only direct economic benefit for the city, Tanya Washington, chief of staff at the Office of Planning, considers the project a "win-win for everybody."

**"It's activating these vacant spaces ... and it's a great venue for artists and designers to display their work."**

— TANYA WASHINGTON, CHIEF OF STAFF AT THE OFFICE OF PLANNING, ON NEW POP-UP RETAIL BOUTIQUES.

About 40 designers and artists are featured at the Garment District, in Shaw, at 1005 Seventh St. NW. The 10,000-square-foot space, owned by developer Douglas Jemal, has been used as campaign headquarters for D.C. Council member Jack Evans and former mayor Anthony Williams.

(THE WASHINGTON POST)

### The Lotteries

#### Monday, March 7

##### District

Mid-day Lucky Numbers .....	6-1-2
Evening Lucky Numbers (Sun.).....	5-0-3
Mid-day DC 4 .....	9-8-3-5
Evening DC 4 (Sun.).....	5-1-4-6
Mid-day D.C. Five .....	8-6-4-1-0
Evening D.C. Five (Sun.).....	6-0-1-4-7

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

##### Maryland

Mid-day Pick 3 .....	6-7-3
Evening Pick 3 (Sun.).....	3-2-2
Mid-day Pick 4 .....	1-6-1-8
Evening Pick 4 (Sun.).....	6-9-0-2
Match 5 (Sun.).....	12-16-23-24-25 (38)

##### Virginia

Mid-day Pick 3 .....	7-4-1
Evening Pick 3 (Sun.).....	5-7-5
Mid-day Pick 4 .....	8-4-3-1
Evening Pick 4 (Sun.).....	4-4-0-3
Mid-day Cash 5 (Sun.).....	5-12-15-21-27
Evening Cash 5 (Sun.).....	12-14-26-28-34

**WHETHER TEARS WERE STREAM-**

**ING DOWN** the cheeks of Miami's stars or not, after enduring a November in which the team started 9-8, the 43-20 Heat is mired in yet another perplexing slump.



# TEARS FOR FEARS

'Crygate' suggests the Heat's stars are suffering from a lack of confidence

**Pro Basketball**

It's one thing to struggle at the start of a season after a complete offseason roster retooling. And an occasional punishing defeat in the midst of a long NBA season is surely to be expected.

But when your money players consistently fail to hit high-pressure, late-game shots, and players end up crying in the locker room after games, a stretch of painful losses is not so easily digested.

That explains the hand-wring-



ing and furrowed foreheads throughout South Florida over the star-studded Miami Heat, which has provided the league's most gripping melodrama this season.

In three of its last four losses, the Heat has both squandered leads against strong teams and blown chances to win or tie on last-second shots. (The other defeat was a blowout to the San Antonio Spurs.)

The Heat, in fact, is shooting a woeful and mind-boggling 6.25

## Miami Blues

After a late February victory over the Wizards, Miami has lost four straight games to top teams, three in the final seconds. The Heat lost 91-86 against the Knicks on Feb. 27 as LeBron James missed two shots in the last eight seconds. Two nights later, the Magic rallied from a 24-point deficit in the third quarter to stun the Heat 99-96. And then came Sunday's stunner: Miami fell to Chicago for the third time this season as James missed a left-handed layup and Dwyane Wade missed a desperation 15-foot jumper in the last 10 seconds. (TWP)

percent (one for 16) in the final 10 seconds of recent games when attempting to tie the score or take the lead, according to an analysis by the Miami Herald.

"Some of these games do not need to come down to the last possession," Heat coach Erik Spoelstra said. "Until we change, the result will be the same. ... We simply need to get better in late-game situations."

The figures suggest that Miami

is having trouble handling pressure, a scarier development as the playoffs approach than a spate of overconfidence or malaise. The Heat — which has been arguably the league's most scrutinized team since All-Stars LeBron James, Chris Bosh and Dwyane Wade signed free-agent contracts with Miami last summer — would be creating far less of a stir if it were merely blowing games because of a lack of commitment or intensity.

"It can get inside your head if you have a couple of past experiences where you haven't been able to close games," said Patrick J. Cohn, a sports psychology expert. "You start to overgeneralize or think it's going to happen again."

Miami's most recent defeat, an 87-86 loss to the Chicago Bulls on Sunday, left at least some players in tears in the locker room, according to Spoelstra, who used the word "crying" on Sunday. He tried to back off that remark a day later, saying he saw only "glossy eyes." He jokingly called the episode "Crygate."

"It's good for us," Spoelstra said. "Better for us to go through it now. ... We're going through all of these things we're going to be faced with in May." AMY SHIPLEY (THE WASHINGTON POST)

## In Brief



Pat Knight failed to live up to his father's accomplishments at Texas Tech.

**MEN'S COLLEGE HOOPS**

### Knight Gets the Ax After 3 Years at Texas Tech

Texas Tech fired Pat Knight on Monday, ending a disappointing three-year run for a coach who failed to lead the Red Raiders to the NCAA Tournament after taking over for his famous father. Knight will coach the Red Raiders at this week's Big 12 tournament. (AP)

**PRO FOOTBALL**

### NFL Labor Talks Resume

With five days left until their latest deadline for a new labor deal, the NFL and the players' union resumed negotiations before a federal mediator on Monday. Commissioner Roger Goodell and NFL Players Association executive director DeMaurice Smith, among others, arrived at the Federal Mediation and Conciliation Service on Monday afternoon, after taking a break in talks over the weekend. (AP)

**WOMEN'S COLLEGE HOOPS**

### UConn Tops Poll Again

Connecticut remains No. 1 in women's college basketball, and Ohio State is back in the Top 25 rankings by The Associated Press. UConn received 37 of 39 first-place votes Monday, with Stanford drawing the other two. (AP)

**HORSE RACING**

### Champion Filly Pregnant

Rachel Alexandra is going to be a mom. The 2009 horse of the year is in foal with an expected due date of Feb. 1, 2012. Stonestreet Farm announced the pregnancy Monday, two weeks after the 2009 Preakness winner was bred to two-time Horse of the Year winner and stablemate Curlin. (AP)

# Sports



**GEORGETOWN:** Chris Wright's injury hampers a team with one NCAA tourney win since an '07 Final Four run.



**MARYLAND:** Coach Gary Williams is staring at the Terps' fourth trip to the NIT in seven years.



**AMERICAN:** A heartbreaking loss on Sunday will cost the Eagles their third-straight trip to the NCAAs.



**GEORGE MASON:** The Patriots will likely be an at-large team five years after making the Final Four. AP/TWP

## Small Step Forward for Caps' Green

### The Capitals

Mike Green skated for the first time since he was hit in the head by the New York Rangers' Derek Stepan on Feb. 25 on Monday morning before the Capitals' night game against Tampa Bay. But Green remains sidelined indefinitely with what is believed to be a concussion after the defenseman was hit in the head twice in a 19-day span.

Green was struck in the head by a puck near his right ear on Feb. 6 against Pittsburgh and complained of wooziness, balance problems and headaches. In the 35 days since that contest, Green has played twice — on Feb. 8 against San Jose and Feb. 25 against the Rangers.

The Capitals have never officially listed Green's injury as a concussion but haven't specified that it is anything else. When asked about the diagnosis, coach Bruce Boudreau was mum Monday. "I'm not calling it anything," he said. "You saw the play; he got hit in the head." (THE WASHINGTON POST)

# The Same Old Song and Dance

With NCAA tourney near, the state of area hoops is depressing

### Commentary

Big weekend for the locals, huh? Georgetown can't win without Chris Wright, Maryland can't win with

Jordan Williams, and Mason Nation finally loses after 16-straight wins.

With all belief in regional men's college basketball lost over 48 hours, I ventured to American University Sunday for two reasons: to see whether the Eagles could further their cause of playing in the tournament for the third time in four years and also to hear cheesy '80s tunes.

The Bender Arena speakers

**A region with some of the nation's strongest young talent is banking on a mid-major in Fairfax to carry the torch.**

indeed blared "Welcome to the Jungle" and the band pounded out "Eye of the Tiger," but AU lost a double-overtime thriller when a Lafayette kid named Jim Mower swished a 3-point rainbow through the net with a half-second left.

Ballgame. Season. For some, career. Another area school depressingly on the outside of the tournament looking in.

With about 10 days before America's greatest sporting event, a region with some of the nation's strongest young talent is banking on a mid-major in Fairfax to carry the torch.

If George Mason doesn't have to face a long, big, athletic team

like North Carolina early, it's polished and potent enough to somehow show in the Sweet 16 again, like 2006. But that's it.

The Hoyas have an excuse because of Wright's injury — sort of. If Georgetown had one more capable big man on its roster, the Hoyas could withstand the loss of its starting senior point guard.

The pitchforks are about to be recycled in College Park, but it's a waste of anger and energy. For every recruiting lapse, Gary Williams' ability to coach is still unquestioned.

AU, meanwhile, has been to the tournament as many times as Georgetown and Maryland since 2008. It's a major accomplishment,

because if a Patriot League team does not win its postseason tournament, it usually goes home.

Even though Bucknell beat Kansas in 2005 and AU won at Maryland in 2007, Patriot League ball isn't Big East or ACC or Big 12 ball.

Sometimes that's actually good. Coaches don't campaign incessantly for their league to get at-large bids. The recruiting warfare isn't as expensive or nasty. And players, even stars in high school, who ultimately realize they are not NBA-caliber players go back to the sacred tenets of the game: The idea five players in synchronization work so much better than one or two.

American's Vlad Moldoveanu and Nick Hendra realized that Sunday, crying like kids who knew as seniors their careers were over. As men's college hoops go, it feels like a too-familiar scene in Washington these days. (THE WASHINGTON POST)

### Hearsay



**"I'm getting my step back a little better than I had before."**

**JOHN WALL**, WHO HAS SCORED IN DOUBLE FIGURES IN NINE OF THE PAST 10 WIZARDS GAMES. THE ROOKIE HAS LOST NEARLY 11 POUNDS IN THE PAST MONTH.



**Reason to Cheer:** With the Baltimore Orioles hoping to snap their streak of 13-straight losing seasons, the officials who run Oriole Park at Camden Yards are ready to step up their game. The Baltimore Sun on Monday reported that the popular National Bohemian — often referred to as "Natty Boh" — will be served on tap at the ballpark next year. Whether the team makes such an improvement remains to be seen. (EXPRESS)

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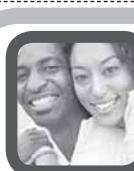
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# Sports

# Morgan Starting Slowly

Nats' leadoff hitter isn't concerned with ugly stats in spring

## The Nationals

By all accounts, he is doing everything right. Showing up early. Doing extra work. Saying the right things. Acting the right way. Respecting the game. Trying to internalize the rhythms of baseball in a way he's never done before. But Nyjer Morgan's sad numbers are right there on the stats page, and those challengers for his center field job — maybe it's just one's imagination, but they seem to be getting bolder, and they seem to be gaining ground.

Confronted with this evidence Monday, and asked about his level of frustration, Morgan, 30, fell back on the standard veteran's trove of spring clichés: It's early. It's just a matter of getting the timing back. I just need to get at-bats.

"I'm not frustrated — because I know what I can do, and everybody else knows what I can do," Morgan said. "[Sunday] was the



Nyjer Morgan participates in a drill during the Nats' spring training in Viera, Fla.

**.063**

Nyjer Morgan's batting average this spring after going 0-for-3 on Sunday. The Nats' leadoff hitter has gone just 1-for-16 in his at-bats. (TWP)

first time I felt really good at the plate. Everything else is just working on timing."

And the vote of confidence from Nationals Manager Jim Riggle-

man was even stronger than the one Morgan gave himself:

"It's not just early — it's extremely early," Riggleman said on Sunday. "The larger bit of work Nyjer's done — a .283 career hitter — that's what we're looking at. There's a track record of success. Nyjer may be our hardest worker in camp right now. He's doing everything he can to turn it around. But I don't want him pressing."

DAVE SHEININ (THE WASHINGTON POST)

## TV Lineup

**WIZARDS (7 P.M., CSN)** The Wizards take on the Milwaukee Bucks at home.

**MEN'S COLLEGE HOOPS (NOON,**

**2 P.M., 7 P.M., 9 P.M., ESPN; 9 P.M.,**

**ESPN)** Connecticut and DePaul tip off

the Big East tournament, followed by Seton Hall versus Rutgers; the Sun Belt Conference crowns a champion; Butler faces Wisconsin-Milwaukee with a spot in the Big Dance on the line; and the Summit League tournament final caps off the night.

**WOMEN'S COLLEGE HOOPS (7 P.M.,**

**ESPN)** Connecticut will be favored to win the women's Big East title game.

**PRO HOCKEY (8 P.M., VERSUS)** The Colorado Avalanche visits the Minnesota Wild.

**SOCER (2:30 P.M., FSN)** Roma plays Shakhtar in the Champions League.

# Redskins Take a Close Look at Baylor Star DT

## The Redskins

The Redskins were among 23 teams with scouts at Baylor University's Pro Day, which featured defensive tackle Phil Taylor last Thursday, according to Taylor's agent Peter Schaffer.

With the failure of the Albert Haynesworth-nose tackle experiment, and Ma'ake Kemoeatu coming off shoulder surgery, the Redskins are in the market for a nose tackle to anchor the line of their 3-4 defense.

And Taylor — a Clinton, Md., native — is improving his stock as draft evaluations continue.

In post-Senior Bowl draft pro-

jections in January, Taylor was considered a mid- to early second-round draft choice. Now draft analysts believe that he could be taken late in the first round.

At the combine, the 6-foot-3, 334-pound Taylor ran the 40-yard dash in 5.09 seconds; bench-pressed 225 pounds 31 times; and recorded a vertical leap of 29-1/2 inches and a broad jump of 8 feet, 4 inches. Also at the combine, Taylor had a group interview with Redskins officials including coach Mike Shanahan, defensive coordinator Jim Haslett, owner Daniel Snyder and general manager Bruce Allen, Schaffer said.

(THE WASHINGTON POST)

# fit



## Guinea Pig | In the Balance

Cotton gets soaked during a workout, but going commando doesn't feel any better. So, New Balance's line of performance underwear has guys covered in odor-resistant, moisture-wicking fabric. Our tester slipped into a pair of the sport briefs (left, \$20, Shopnewbalance.com) and was impressed by the level of support—not as uncomfortable as a jock strap but just as secure. One complaint: The odd hole to the right of the fly wasn't nearly as "functional" as advertised.

# Head of the Class

Crunch's group exercise schedule gives members a chance to swing, step, strengthen and sweat

## Gyms

It makes sense that when Crunch opened its first D.C. club two months ago in Chevy Chase, it was at the site of a former movie theater. That's because the New York-based gym tries to appeal to all audiences. The facility's stocked with top-of-the-line cardio and strength equipment. There's a vast space dedicated to functional training, including Puremotion, a setup that's essentially a jungle gym for grown-ups. And then there's the main attraction: the group exercise studio.

Crunch, which pioneered pole dancing as exercise, has built a reputation in the industry for launching outrageous and inventive classes. Over the years, the offerings have ranged from Cycle Karaoke (Spin and sing!) to Bar Hoppin' (a blend of trampolines and body bars) to What You Knead (a self-massage workout). "We try to merge fitness and fun," explains Washington general manager T.J. Spence. "Not everyone is jumping for joy to be in a gym. So, we make it a get to, not a got to."

There are more than 100 Crunch class formats, but only a handful of those are on the schedule at Chevy Chase—and at the second D.C. Crunch, which opened a few weeks ago near Metro Center. "It's a process of unleashing them all," Spence says. Still, there's quite a selection available for members already. Here are three notable options.

VICKY HALLETT (EXPRESS)

• **Crunch**, 5100 Wisconsin Ave. NW; 202-621-7622. 555 12th St. NW; 202-600-9522, [Crunchdc.com](http://Crunchdc.com).



Instructor Tanya Nuchols loves how hanging out in the hammock can release her spine.

### 1 ANTI-GRAVITY YOGA

Hook your hammock up to the ceiling for this combo of yoga, Pilates and aerial acrobatics. It might sound daunting to perform circus tricks, but within the first few minutes, fitness director Autumn Spence can have the entire class comfortably flipped upside down. "You're going to feel like you're hanging from a tree like a monkey," she says. There's swinging, cocooning and balancing, which makes for a playful way of releasing your spine, engaging in inversions and strengthening your core. If the silk fabric is digging into your hips or your rear end, don't fret, says Spence, who promises you'll also get the benefits of a deep-tissue massage.



Vivian Thurman adds Latin flair (and moves) to this step routine.

### 2 DANCE STEPS

Members can't always figure out from the name that this is a step class that really boogies, rather than a straight-up dance class (since Crunch offers plenty of those, too). So, instructor Vivian Thurman eases any fears by breaking down her inventive choreography into easy-to-learn combinations that have the room turning and bouncing in unison in no time. Each week she brings in a different theme—Latin, hip-hop, swing—to change it up, which, she says, is encouraged by Crunch's philosophy of fostering creativity among staff. "We're entertainer instructors. It allows us to be a little crazy," she says.



Jumping for joy? Only after you're done with boxing conditioning.

### 3 MILLION DOLLAR KNOCKOUT

Christian Davila doesn't tone down his Golden Gloves-caliber workout just because this is a class meant only for the ladies. It's a brutal 45 minutes of boxing conditioning, including hundreds of jumping jacks, an endless variety of crunches, and push-ups galore. On a recent Saturday morning, Farah Pampillonia, 50, was lifting weights but couldn't help but notice what was happening on the other side of the exercise studio's floor-to-ceiling windows. "I looked in and I thought, 'I have to get in there,'" said Pampillonia, who was soon sweating with a circle of classmates.



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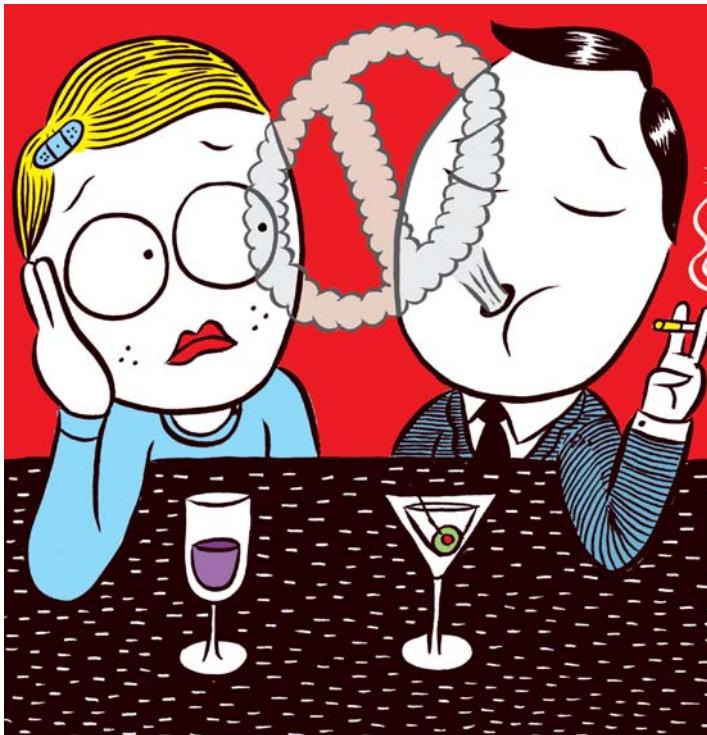
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# baggagecheck



## Can't Unfriend With a Button

**Q**

There's a woman in my group of friends who is so annoying! She always has everybody riveted with some bizarre story, and everybody acts like she's hilarious and wonderful. I've been trying to invite people to outings without her, but then they get weird and ask where she is, or she'll text to see what we're up to. I want her out of the group! **HOW DO I DO IT?**

It seems to me the million-dollar question is whether your friends who act like she's hilarious and wonderful are acting. If they truly like her — and it seems they might — then you'd be hard-pressed (logistically and morally!) to try to cut her out of the group. You'd also run the risk of their choosing her instead of you.

You might examine whether you're being less than objective in your assessment of her. And might you be able to extend your patience a bit through a change in perspective or even just escaping to your happy place when she begins to jabber on? There's no law that you have to be friends with her. But since you can't realistically oust her, focus more on hanging out individually with your friends rather than trying to rig up a group minus one.



Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

## Reading the Smoke Signals

**Q**

My partner is a smoker, and I find it totally disgusting. He has tried everything to quit, but he always ends up back to the cigarettes. I hate the way it makes him look and smell, but also that he doesn't have the willpower to quit for his own good. It's getting in the way of me finding him attractive. **HELP!**

If an ultimatum could work, then Big Tobacco executives wouldn't be driving such nice cars. I think you realize that cigarettes — like alcohol, binge-eating or even just cuticle-chomping — take more than self-discipline to quit. Systematic behavioral changes are needed, along with patience, self-esteem and a profound motivation to change on the part of the person doing the quitting. Loving you more than his

cigarettes just isn't enough.

You can still support his efforts by finding resources or encouraging him to talk to a cognitive-behavioral therapist whose gig is smoking cessation. But though you can help him find the map, he must drive the car. And it's you who has to decide whether you're willing to go along for the bumpy ride and how long you're willing to wait if he never seems to get to his destination.

### Event Horizon

#### Moving On Up

It's only a couple grand jetes from BTI Dance's (Btidance.org) old digs on 14th Street to the studio's new home at 1643 Connecticut Ave. NW. But it's hoping the move will get more people interested in moving, so there's a series of free classes planned over the next two weeks for new students. It kicks off this Thursday with midday energy yoga at 12:30 p.m. and continues at Pilates on Sunday at 10:30 a.m. Contact BTI at 202-588-8282 for details.

# Tags Mean These Foods Are It

Grocery stores use nutrition programs to steer consumers to healthier products

## Shopping

Attention shoppers! Grocery stores have figured out that you're overwhelmed by the process of picking what to put in your cart. "They don't have time to flip over everything box by box," says Kerry Neville, a dietitian who works for Safeway. So last month, the chain launched Simple Nutrition, a flurry of green tags across the store highlighting the benefits of products that satisfy a series of guidelines.

The produce section gets the most love, with tags on just about every item in sight — grapes are a "good source of antioxidants" and spinach is a "good source of vita-



Quinoa and whole grains are getting a push from Whole Foods' Health Starts Here.

min A and C." But in the chips aisle, you won't see many," says Neville. Safeway's also using similar tags to draw attention to products that are gluten-free, organic and "calorie smart." "This is like having a personal nutrition coach

with you," Neville adds.

If you want to actually have a personal nutrition coach with you, you can get hooked up with that at Whole Foods. The world's largest organic grocer last year kicked off its "Health Starts Here" initiative,



Safeway's Simple Nutrition tags boast just two benefits to avoid info overload.

which included putting healthy eating specialists in each of its stores. Amanda Louden, who holds that position at the Clarendon location, says she often hears from shoppers looking for hand-holding. "They'll say, 'My doctor told me to eat leafy greens, but I don't know what a leafy green is or how to prepare it.' So, I give them tips," she says.

Her role also includes leading store tours, cooking classes and

demos, all of which push Whole Food's pillars of healthy eating. One biggie: Plant-Strong. As opposed to plant-based, which is usually code for vegan, this means getting as many plants on your plate as possible. And as at Safeway, you'll see tags — purple ones — denoting products that meet Health Starts Here standards.

Chances are you'll see signs of a similar program anywhere else you shop. In 2006, Harris Teeter started YourWellness, which encompasses tags on grocery items and an e-newsletter packed with news, recipes and videos. Since 2009, Giant Food stores have assisted shoppers with Healthy Ideas tags.

Maybe an abundance of good information can finally turn our country's eating habits around. "Americans need all the help they can get," Louden says.

VICKY HALLETT (EXPRESS)

# Position Yourself as a Leader

Find out how yoga can change the world through 'Off the Mat'

## Service

Turning political is the natural evolution of a yoga practice, according to internationally renowned instructor Seane Corn. "At first, it's 'How can I change my body and my life?'" she explains. But before long, it becomes about performing service and changing the world. "Yoga doesn't feel complete without that," Corn adds.

Giving yogis the tools to fulfill this mission is the goal of "Off the Mat, Into the World" ([Offthematintotheworld.org](http://Offthematintotheworld.org)), an organization she launched in 2007 with friends Hala Khouri and Suzanne Sterling, and the Engage Network, a nonprofit that's reshaping com-



Seane Corn, left, Hala Khouri and Suzanne Sterling teach yogis to become leaders.

munity organizing by tapping into the power of small social circles. "We realized e-mail lists were not enough," says co-executive director Marianne Manilov.

The centerpiece of OTM's training program are five-day leadership intensives that rely on yoga, meditation, skill-building exercises and

lectures to help attendees tap into how they can make a difference — which they then go home and do. And the first one ever to be held in D.C. kicks off this Thursday (\$650, register at [Flowyogacenter.com](http://Flowyogacenter.com)).

A big chunk of the training will be devoted to exploring thoughts, beliefs and passions. To Corn, a

critical question is, "What breaks your heart?" For her, the issue is animal rights, which is why you won't see her storming into factory farms. "It overwhelms me to even think about it. So, it'll be about me, and I won't be an effective leader," she says.

Of course, they'll also do a lot of yoga poses. That may not be the main draw for people on the social action side of the spectrum, but Manilov says it's critical for folks in the trenches. "We burn out. So, we need to figure out how to do these things sustainably," says Manilov, who's found her answer in a regular appointment with her mat.

Like previous attendees, who have started dozens of programs in their own communities and around the globe, the D.C. crew will be expected to do great things. "Our motto is, 'Why stretch when you can reach?'" Corn says. V.H.

## Dining



**THREE COURSES FOR 500 CALORIES?** It's possible with the new De-Light menu at Sofitel's Ici Urban Bistro (806 15th St. NW; 202-730-8700; [Iciurbanbistro.com](http://Iciurbanbistro.com)). Diners can choose from dishes — including braised rockfish (\$26, 215 calories) and roasted chicken (\$24, 255 calories) — prepared with French cooking techniques, but not the nation's favorite ingredients; there's no oil, butter or cream. Portions are surprisingly ample, but you'll have room for dessert. So, you can try the fromage blanc ice cream (\$9, 60 calories). V.H.



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## fit looks



MARGIE ELY/EXPRESS  
Olympia Hantzopoulos tested products on customers at her Arlington salon.

## Tonics To Tame Tresses

### Hair Care

Getting our hair to behave sometimes takes a miracle. At least, that's what Olympia Hantzopoulos hopes. The owner of Miracles salon in Arlington (1501 Wilson Blvd.; 703-516-9800; [Miraclesinthecity.com](http://Miraclesinthecity.com)) has developed a sulfate- and paraben-free organic hair care line, Miracles by Olympia, to help hair shine.

The formula for her signature hair oil (\$25 for 4 oz., [Miraclesbyolympia.com](http://Miraclesbyolympia.com)) came to her in a dream. She blended the seven ingredients of the olive oil-based product in her kitchen and mixed it into clients' hair dye. "The dryness went away, there was more shine, and their scalp didn't flake," Hantzopoulos says.

Inspired by the results and her distaste for chemical-laden products that can damage hair, she spent the next 10 years developing other new products. Her line now includes 13 shampoos, conditioners and styling aids, including Dry Form Expansion Clay (\$14.90 for 2 oz.), which adds volume by absorbing excess oil using ingredients such as safflower seed oil; goji berry and red wine extracts; and soy protein. Summer frizz and winter static, beware.

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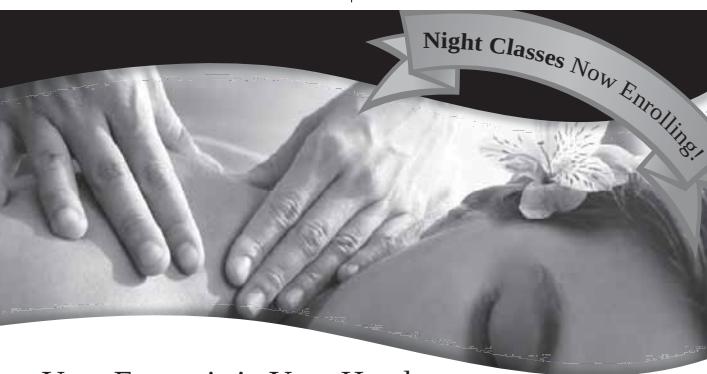


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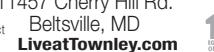
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CAPITAL HEIGHTS, MD - 1416 Opus Ave.  
Newly renovated. 4 bedroom, 2 bath, SFH.  
Section 8 ok. \$1800/month. 202-489-7673

COLLEGE PARK- 1BR apartment  
\$750. No pets. Close to metro.  
Please call 301-213-7017

EHO

## MD RENTALS

COLLEGE PARK

**OPEN HOUSE SAT. MARCH 5**

**Up to 1 MONTH FREE!**  
**Studio from \$1000s**  
**1 BR from \$1130s**  
**2 BR from \$1380s**  
**Seven Springs Village**

- FREE Parking!
- FREE Utilities!
- FREE UMD Shuttle!
- Metrorail lines on-site!  
\*Ask for Free Rent Details  
(888) 425-8068

9310 Cherry Hill Rd, College Pk, MD 20740  
[SevenSpringsVillage.com](http://SevenSpringsVillage.com)

**Woodland Springs Apartments**

Specials on select units\*  
**NO APPLICATION FEE!**

- 1 BR Starting at \$800.00
- 2 BR Starting at \$920.00
- 3 BR w/ 1 ½ Baths - \$1365.00
- 4 BR w/ 2 Full Baths - \$1510.00
  - Spacious Floorplans
  - Walk to Metro
  - Sparkling pool
  - Clubhouse/rec room
  - Large laundry facilities

Limited time only.

**301-760-4270**

6617 Atwood Street • District Heights, MD 20747



Forestville

**OAKCREST TOWERS**  
APARTMENT HOMES ALL UTILITIES INCLUDED\*

HUGE, SPACIOUS & CHIC  
FLATS • STUDIO • EFFICIENCIES!  
From \$679

Controlled Access, Gated Entry, Tennis Courts, Fitness Center, Convenience Store, Dry Cleaners, 1.5 Miles to Metro, Party Rooms, Accent Walls, Brand New Renovated Apartments and so much more!!!

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CALL NOW **(888) 831-6315**  
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\*For a small fee

[WWW.OAKCRESTTOWERS.COM](http://WWW.OAKCRESTTOWERS.COM)

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1 Month FREE  
Residences of Suitland Parks Newly upgraded 1, 2 & 3 bedroom Apts. Offering fitness center, two pools. Playgrounds, upgraded appliances and near metro.  
6501 Hill Mar Drive  
Call today 301-420-1117

**This could be  
your space!**

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## MD RENTALS

FRANKLIN PARK

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AT GREENBELT STATION



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FORESTVILLE

EHO

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**2 Bedroom from \$940**  
**3 Bedroom from \$1275**

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- Minutes to DC
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- Bus Stop on Site
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**1 Bdrms. from \$1260's**

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- Great location
- Fitness Center and Pool

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CharlestowneNorth.com  
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**Be in your new home by****Spring**

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From \$849

**2 BEDROOM**  
From \$1049

+Small Fee  
for Utilities

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HYATTSVILLE- 3BR, 2BA SFH. \$1800. 4 blocks to  
Metro rail access. Fenced yard. Pets considered.  
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Huge 2 BR Townhomes

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[www.parkviewgardensapartments.com](http://www.parkviewgardensapartments.com)**GATED COMMUNITY****Furnished Apartments\*\***

- Fitness Center on Property

- Beautiful Kitchens-  
Granite Countertops\*\*

- Washer/Dryer\*\*
- Outdoor & Indoor Pools
- Free 6 week summer camp

\*\*Select Units

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For Our  
FANTASTIC  
SPECIAL!**

**Riverdale Village****800-767-2189**

5409 Riverdale Road • Riverdale, MD 20737

- Roomy, Modern Apts
- Private Balconies/Patios
- Free 6 week summer camp
- Cathedral ceiling
- \*select units
- 1, 2, & 3 BR AVAILABLE
- HUGE 2 BR TOWNHOMES

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FANTASTIC  
SPECIAL!**

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**Kings Square Apartments****877-898-6958**3402 Dodge Park Road • Landover, MD 20785  
Just minutes from the New Wegmans

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- Walk to Elementary School
- Daycare on Premises
- Free 6 week summer camp
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For Our  
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SPECIAL!**

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(1-BR ONLY)**



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- Right by the new Wegmans
- Gated Community
- Free Gas & Water
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- Free 6 week summer camp

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FANTASTIC  
SPECIALS!**

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- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
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**CALL  
ABOUT  
FANTASTIC  
SPECIALS**

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- Swimming Pool
- FREE Gas & Water
- Free 6 week summer camp
- B/W Parkway, Metro, 495
- New Walmart Across the Street
- Eat-In Kitchens & Large Closets

**GREAT  
LOCATION!  
SMART  
CHOICE!**

HYATTSVILLE

**Fletchers Field Apartments****866-805-0782**

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- FREE UTILITIES
- Spacious and modern apts
- Wall to Wall carpet
- Dishwasher
- Private balconies/patios
- Free 6 week summer camp

**FREE  
MARCH RENT!  
(1-BRs Only)**

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
\*On selected units only.

## MD RENTALS

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**Summer Ridge**  
 1829 Belle Haven Drive, Landover, MD 20785  
 • Electronic entry building system  
 • Free business center  
 • Free after school program  
 • Walk to grocery stores  
 • Newly renovated laundry facilities  
 • Metro Accessible  
  
[www.summerridgeapartments.net](http://www.summerridgeapartments.net)  
[summerridgeleasing@comcast.net](mailto:summerridgeleasing@comcast.net)  


**LAUREL MD.**  
**UP TO 1 MONTH FREE!**

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 3 Bdrm. Townhomes from the \$1560s  
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 Call Today: 888.804.3324

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**First Month's Rent**  
**Marlow Garden**  
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 Free prorate if Moved In By Feb. 28th  
**\$0 Deposit**  
**301-423-1115**

**\$0 Deposit**  
**Marlow Heights**  
**1, 2 BR**  
**STARTING AT \$849**  
**\$200 OFF**  
**1st Month's Rent**

We work with bad credit

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 Call TODAY Allentown Apts 866-443-5938

**OXON HILL-1ST MONTH FREE.**  
 2BR, balcony, off-street parking, near metro bus, all  
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## MD RENTALS

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 Credit & Criminal Screening Required.  
 \*Income Qualifications  

# Occupants	Maximum Income
1	\$43,500
2	\$49,680
3	\$55,920
4	\$62,100

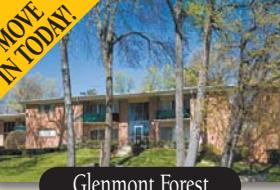
  
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**\$200 OFF 2 BR Apts.**  
 All this and More at  
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 Text WINDSOR to 29999 for more info  
**888-255-6159**

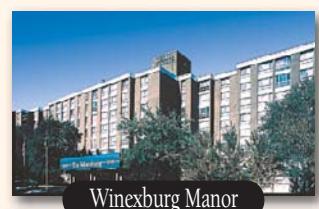
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**RIVERDALE MOVE-IN SPECIAL**  
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 • Laundry Room  
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**Ask About Our Move In Special UTILITIES INCLUDED**  
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**D**RIVE LESS, ENJOY MORE  
 MOVE IN TODAY!  


Eff's from \$939 1 br's from \$1,129  
 2 br's from \$1,274 3 br's from \$1,574  
 2 blocks from Metro • Parkland setting  
 Play & picnic areas • Floor to ceiling windows  
 Close to shopping • Community Swim Club  
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**M** GRADY MANAGEMENT, INC.  
 Residential Property Management Company

**Silver Spring, MD**  
**ALL UTILITIES INCLUDED**

Winexburg Manor

Eff's from \$1,070 1 br's from \$1,196  
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One block to Metro • Washer and dryer included\*  
 Brand new fitness center • Garden & mid-rise apts.  
 Pool & 2 level sundeck • Cats welcome

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**M** \*Select Apts. Call for details. GRADY MANAGEMENT, INC.  
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 Short Term Leases Available Includes Water and Gas  
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 • Highspeed internet/tv avail  
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**1 BRs from \$900 UTILITIES INCLUDED**  
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**LARGE 2 BEDROOM SPECIAL \$880.00**  
**All UTILITIES INCLUDED!**

- Wall To Wall Carpeting
- Three Blocks From Metro Station
- Minutes From Shopping Center
- On Site Emergency Maintenance

**DON'T FORGET TO ASK ABOUT OUR OTHER 1 & 2 BEDROOM SPECIALS YES!! THERE'S MORE! HURRY!! LIMITED TIME**

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**VILLAGES OF MONTPELIER**  
  
**AMAZING SAVINGS ON 2 BRs**  
 1BR and dens from \$905.00\*  
 2BR and dens from \$1135.00\*  
 3BR from \$1345.00\*  
 washer and dryers included in select units  
 \*Prices subject to change!  
 Apply and get entered into a drawing to win \$100.00 VISA gift card  
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**866-914-9712**

**Walk to Metro!**  
**1, 2, & 3 BDs starting at \$890**

• Walk to Suitland Metro  
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 • Swimming pool + playground  
 • Spacious floorplans  
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[LiveatHickoryHill.com](http://LiveatHickoryHill.com)

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**Rent Special! MOVE IN FOR \$499\***

1 & 2 BRs from \$755  
 SPECIAL LOW DEPOSIT! UTILITIES INCLUDED!  
 Remodeled w/ new kitchens  
 • Hardwood floors, Mini-blinds  
 • Laundry facilities on-site  
 • Free parking  
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 \*plus deposit. Call for details

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**Apts. as Low as \$907**  
 All Credit Considered Electric & Gas Included

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**FREE UTILITIES**  
2 Bedrooms \$999\*

- 2 huge walk-in closets 2 BRs
- Close to Metro & major highways
- Laundry facilities in each building
- Call for Details!

**New Parkway**  
(301) 423-7799

\*limited time offer

**SUITLAND PARKWAY TERRACE****1 BRs fr \$810  
2 BRs fr \$890**

\$20 Application Fee

- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/ picnic tables & grill

Maximum income limits apply

**877-608-6548**3415 Parkway Terr. Dr. Suitland, Md. 20748  
Mon-Fri. 9am-6pm Sat. 10am-4pmWALDORF - 3BR, 1BA duplex, 2 lvs, w/pkng, \$1300/mo. Open House Saturday 3/5 1pm-3pm  
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EXTENDED STAY HOTELFurnished Efficiencies: \$378 Wk • \$1380 Mo  
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ALEXANDRIA

**SOUTHERN TOWERS**Efficiency from .....\$855\* 2 Bedroom from .....\$1380\*  
1 Bedroom from .....\$1070\* 3 Bedroom from .....\$1700\*  
**Spacious Penthouse From \$1835\*****Hurry - They're Going Fast**

- Metrorail at front door to Pentagon & Van Dorn Metro
- Spacious Rooms • 24-hour front desk
- High-speed internet access available
- Free parking • 24-hour 7-11
- Convenient to Pentagon, Shopping & I-395



I-395 to Seminary Rd. West exit to Southern Towers immediately on right. 6 Month Lease Available! Please Call Now for Details!

Call our leasing office today! **703-485-4154**

4901 Seminary Rd. | Alexandria, VA

\*All Prices &amp; Specials Subject to change without notice.

**NO SECURITY DEPOSIT**

Alexandria EHO

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AT BEACON HILL APARTMENTS**

- ALL UTILITIES INCLUDED
- Minutes from Metro
- Short Term Leases Available
- Pets Welcome

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M-F 9-5. Sat 10-5. Sun. 11-4**RENT WITH US AND RECEIVE A  
FREE IPAD**

Hurry, limited time offer while supplies last

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**Meadow Woods  
APARTMENTS****HUGE NEWLY RENOVATED APARTMENTS**

- Great Location... Walking distance to shopping, dining and entertainment
- Minutes to the National Harbor, Ft. Belvoir, Capital Beltway and much more
- Government & Military Discounts Available\*

Apply by March 31st and move in between Now &amp; April 15th and you will be entered in a drawing for a Brand New 42" TV.



1 Bedrooms \$1035 from 2 Bedrooms \$1189

Call Now **888-823-7689**

www.meadowwoodsapts.com

\*Some restrictions apply.



Apartment Home Features:

- Beautiful hardwood floors or plush wall-to-wall carpet
- Ample closet space
- Select apartments have upgraded kitchen & bathrooms

Community Features:

- On Metro Bus line
- Excellent shopping within walking distance
- Five minutes to Seven Corners Shopping Center
- Ask about our Military Discount Program!

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703.820.6700 • www.oldesalemvillageapartments.com

Falls Church — \$1,175 1 br ALL UTILS INCL. avail 5/3 903-927-5142

**FALLS CHURCH**  
**Wexford Manor Apartments**2802 A Hollywood Road  
Falls Church, VA 22043  
**888-440-5079**1 BDRM \$1116 (sec. dep. \$250)  
2 BDRM \$1152 (sec. dep. \$300)  
**Free Application Fee**

- Convenient to Rte. 50, 66 and 495, shopping, restaurants and nightlife
- Beautiful garden community nr. Dunn Loring & Falls Church Metro, on Metro Bus Line
- Spacious apartments with balconies
- Community center with after school programs, computer lab, book clubs & more.

Open M-F 8:30am-4:30pm Sat. 10am-2pm

Equal Housing Opportunity

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AAFB/FORT WASHINGTON Male or female, no pets, all utilities included.  
**301-265-0639 or 240-401-0069 Leave Msg**ANNANDALE- Room furnished. Shr Ba & kit inc laundry & Int. Street parking. N/S. \$560 + util  
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Please call **440-551-6306**CAPITAL HEIGHTS, MD- Large room, Male pref, no deposit, 2 blocks to Metro. \$140-\$165.  
**301-537-5433 or 301-599-6277**CAPITOL HEIGHTS MD- Furnished room for rent 1 person- \$550/mo util incl, share Kitchen, bath & Living room **301-567-6567**

Cascades—Cascades, 1 bedroom for rent in beautiful home \$690.00, 4 br, 3 ba, 1 1/2ba, 46388 Woodlake Place, 703-967-6888

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FALLS CURCH/ANNANDALE Prof M/F, to shr SFH w/ or m. basement avail. \$975+ 1/2 util and sec. Please call **703-560-6241**FORESTVILLE- Secure high rise building, private room, all util incl'd and cable, \$525 + sec.  
**Call 240-550-2626**FORT WASHINGTON-SFH, 1 room \$500 & 1 for \$700. Sec dep. Short term ok. Avail now. **240-672-4349**GAITHERSBURG MD - 1 room \$299, In house to share. No-smoking. Close to Metro.  
**Call 301-219-1066**

## ROOMMATES

GERMANTOWN MD- BR with pvt BA in condo. \$450 + half utilities & security deposit. Available now. Call **240-506-2259**GREAT FALLS FURN Room, bright, clean. \$400 comm/\$550 other incl utilities, int, W/D, kit. NO Smoke/Pets. **ridr2@yahoo.com 703-407-1505**HYATTSVILLE MD- House to share. 1BR for \$575. Share bath & kitchen. All utilities included, phone & cable. Call **240-423-3166**LAUREL Room avail available in 2 Br 2 Ba apt. W/D, \$580/month+ utilities. Available now. Call **240-462-6233**

Mount Vernon—Shr lg home in safe comm nr. Ft Belvoir, metro, stores/W.D., parking/lnt. N/S, no pets. \$499/6 month lease. 703-360-0212

NW FURN RMS- 2 blks Petworth Metro, Cable & util incl, \$500 & \$650 ea. + 1mo dep, \$50 app fee. Please call **202-241-4185**SE DC- Share Newly Renov. Fully furn, W/D, Jacuzzi Tub, Full Kit, Nr. Metro/Shops \$150/\$375 per wk. Jasper St, Call **202-889-2810**TEMPLE HILLS, MD - Furnished room for rent. Private entrance, share BA, NS, NP. Near Beltway. \$650 utils included. Sec. dep req. **301-899-3499**.WOODBRIDGE, VA- Furnished room, includes all utilities, cable TV & internet, W/D. New carpet & paint. \$600+ deposit. **703-606-0359**

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## RESORT PROPERTIES

OCEAN CITY - 29 Waterfront Condos 2 BR'S. \$134k-\$220k. Available now. Great time to buy! Free list. Call Frank **240-271-5552**

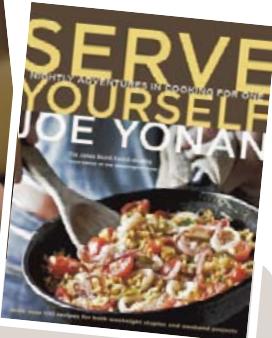
## CARS

CHEVROLET 1977 CORVETTE L82, High performance. Restored in & out. Over \$30k in restoration. Must sell. \$25,000/obo. **301-325-5060**FORD 2004 F150- 4WD, s/cab, yellow, 59k, excell. cond., gray lthr, rear video, pickup shell, grill guard, \$18,750/obo **301-906-2233**JUNK VEHICLES REMOVED FREE  
CASH PAY FOR ALL  
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An Exclusive Invitation from PostPoints:

**MEET THE AUTHOR (and eat with)**Join PostPoints in a launch party/tasting event/signing for the exciting new book by **Joe Yonan**, author and award-winning Washington Post food editor! Enjoy a cooking demonstration by Joe himself as he prepares one of the delicious recipes included in his book, followed by a book-signing and your chance to meet the author. **Hurry! Seating is limited for the 5:30 tasting.****Wednesday, April 6**The Washington Post  
1150 15th Street, NW, Washington D.C.**5:30 p.m.****Private cooking demonstration & tasting with Joe Yonan. LIMITED SEATING!** Tickets must be purchased in advance. Tickets \$25 — Price includes a signed copy of *Serve Yourself: Nightly Adventures in Cooking for One*.**7:00 p.m.****Meet Joe Yonan, book signing.** FREE. His book will be available for purchase at a discount.**>> Purchase tickets & RSVP at [washingtonpost.com/postfun](http://washingtonpost.com/postfun)**Sponsored in part  
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If you don't get it, you don't get it.

# lookout

## Sound Bets



Kurt Vile's fourth CD, 'Smoke Ring,' bears the mark of a writer stepping into focus

### Album Preview

When Kurt Vile arrived in the blogosphere in 2008, his hazy rock songs were the kind that made you want to know everything about the hairy dude singing them.

Was he from Brooklyn? (No, Philadelphia.) Was he a slacker? (No.) Did he once make his living driving a forklift? (Yes.) Was "Vile" his real last name? (Yep.) Was he a baby-faced wizard sent from the future to save rock 'n' roll? (Maybe!)



**Kurt Vile**  
"Smoke Ring for My Halo"

In 2011, Vile is a young dad with a 10-month-old daughter and a new album, "Smoke Ring for My Halo," out today. It's his fourth and, without a doubt, his best, lifting the psychedelic smog of his previous work to reveal magnetic melodies, warm textures and a lyric sheet smeared with dark humor.

If the 31-year-old songwriter feels most comfy just singing alone with his guitar, you can hear it on "Smoke Ring." His band, the Violators, takes it easy during most of the 11 tracks, allowing Vile's love for intricate, John Fahey-inspired finger-picking to effervesce to the top.

"For this record, I wanted to have a concise sort of sonic theme. ... It's on this epic folk spectrum," Vile says. "My previous records

## Sordid Sounds

If we could print the title of Windian Records' Saturday showcase at U Street Music Hall, it would neatly, and profanely, sum up the bedraggled D.C. label's attitude. But since this is a family paper, let's just say the event's name has something to do with besmirching the South by Southwest music festival.

Started in 2009 by former Points drummer Travis "Cobruh" Jackson, Windian has become the District's most consistent record label — that is to say, every release is a high-quality variation of lo-fi garage punk.

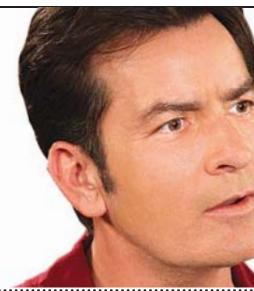
If you have no interest in this grubby genre, nothing in the Windian catalog will surprise you. But if you can't inject enough grimy rock 'n' roll into your life, Windian will be your dealer, doling out infectious 7-inches in limited editions and a subscription-based vinyl-singles club.

Eleven bands will help Windian denounce/besmirch/defame SXSW, including five D.C. groups: Maybe Baby, the Cheniers, Foul Swoops, thee Lolitas [sic] and the Electricutions. A filthy time will be had by all.

• **U Street Music Hall, 1115A U St. NW; Sat., 3 p.m., \$12; 202-588-1880. (U St.-Cardozo)**



**Broadway Baldwin:** "30 Rock" star Alec Baldwin has joined the cast of "Rock of Ages," New Line's adaptation of the Broadway musical. Baldwin was offered the role of Dennis Dupree — an ex-rocker hanging onto his glory days while he runs the Rock of Ages nightclub — after Will Ferrell and Steve Carell passed on it. Former "Dancing With the Stars" pro Julianne Hough boarded the project last week as Sherrie, a small-town girl who comes to Hollywood to become a part of the '80s rock scene but takes a detour as a stripper. (THE HOLLYWOOD REPORTER)



## Still Winning?

Warner Bros. fires 'Two and a Half Men' star Charlie Sheen **35**

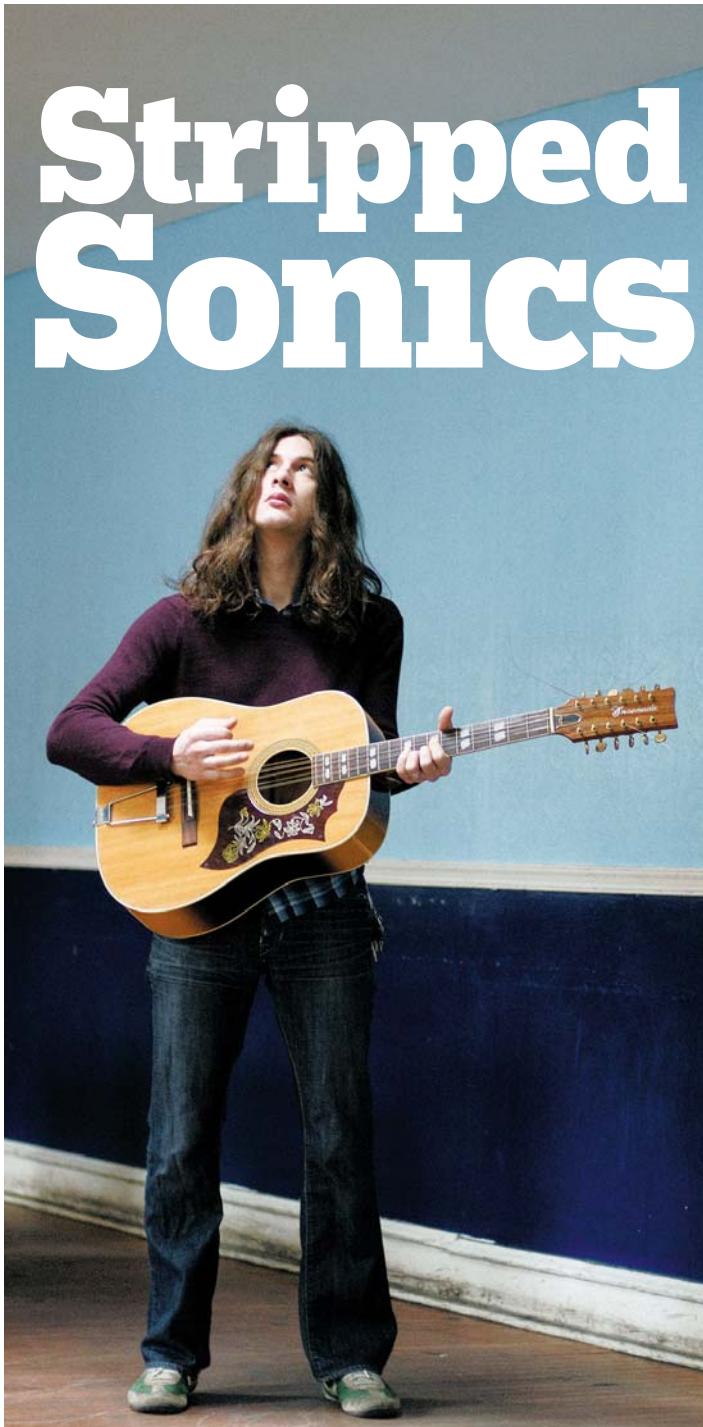
jumped around."

Those albums were culled from years of bedroom recordings that eyed the mountaintops of classic rock from the primitive, psych-punk valleys below. They earned Vile blog attention and generous comparisons to his heroes: Dylan, Springsteen and Petty.

He was signed to indie mainstay Matador Records for his third album, 2009's "Childish Prodigy." But when that wasn't received with praise, he felt the stakes rise.

**"I wanted to have a concise sort of sonic theme. ... It's on this epic folk spectrum."**

— KURT VILE, ON FINDING A FOCAL POINT FOR HIS LATEST STUDIO ALBUM.



Fatherhood helped Philadelphia songwriter Kurt Vile find inner peace in the studio.

SHAWN BRACKBILL

• **Ottobar, 2549 N. Howard St., Baltimore; April 11, 8 p.m., \$10; 410-662-0069; Theottobar.com.**

"I almost had a meltdown before I started ['Smoke Ring'], " Vile says. "Recording, it can be nerve-wracking, because you have this record in mind but you really have no idea what's going to come out on the other side."

John Agnello, the esteemed producer who has worked with Sonic Youth and Dinosaur Jr., was recruited to ease things into focus. And during the sessions, Vile found another source of peace: fatherhood.

"There are so many little things in life that you can trip out about," Vile says. "But once you have a kid, you realize that it doesn't mean [much]."

CHRIS RICHARDS (THE WASHINGTON POST)

• **Ottobar, 2549 N. Howard St., Baltimore; April 11, 8 p.m., \$10; 410-662-0069; Theottobar.com.**

# Still Rocking the Boat

For Des Ark's leader, politics and punk are never too far apart

## Concert Preview

When Aimée Argote founded the queercore punk band Des Ark a decade ago, her father had some concerns about his daughter's decision to become a full-time musician. Like many parents, he hoped she'd head to college and make music a hobby. Then one day, after the pair had run through the debate for the millionth time, Argote received a letter in the mail.

"It said, 'I was going to kill myself yesterday, and I listened to your songs and decided not to,'" Argote remembers. "It was this moving letter from this woman, so I showed it to my father and asked him, 'Would you quit doing music if you ever even just got one letter like this?' And we've never had that conversation again."

That intimate connection with fans has kept Argote pushing for-



MARC KRAUSE

Aimée Argote, above, put out Des Ark's latest album on Arlington's Lovitt Records.

ward through the many incarnations of Des Ark she's led over the years. When the band started out, it was just Argote and drummer Tim Herzog, a former sound man for Dinosaur Jr.'s J Mascis, who produced Des Ark's 2005 debut, "Loose Lips Sink Ships."

The group evolved to include several D.C. musicians, notably drummer Ashley Arnwine, who plays

on most of the band's most recent disc, "Don't Rock the Boat, Sink the F\*\*\*er," released on Arlington's Lovitt Records. When Des Ark plays the at Black Cat Tuesday, the drum chair will be filled by Johnny Ward of Pygmy Lush, a Sterling, Va., band that will open the show.

Des Ark's lyrics traverse some dark and emotional territory, and Argote says that fans connect with

the band's songs because they address issues too often shrouded in silence. "I think when you're a woman and you're queer and you're talking about sexual assault and doing it in such a way that it's confident and not fearful of people's reactions, that's inherently political."

But unlike a lot of staunchly political bands, Argote adds enough musicianship and humor to carry off a strong message, filling Des Ark's songs with seductive melodies and surprising non sequiturs.

"There's always been these two different faces," she explains. "Jarring emotional stuff juxtaposed next to a sense of humor about the fact that we can't really do anything about some of the hardships that we're going to face in our lives, except to laugh and find humor and happiness despite all of it."

TONY SCLAFANI

● *Black Cat, 1811 14th St. NW; with Pygmy Lush and Hey Girl; Tue., 8:30 p.m., \$10; 202-667-4490; Blackcatdc.com. (U St.-Cardozo)*

## Piecing Together A Puzzle

### Book Review

One of the best thriller writers in the business has written her best book to date. In Lisa Gardner's "Love You More" (Bantam), police detective D.D. Warren has issues in her private life and tries to keep them away from her professional career.

She receives a call and heads to the home of another female officer. The crime

scene reveals what appears to be an open-and-shut case of spousal abuse and a woman defending herself.

But as Warren investigates further, holes start appearing in the story. Those who knew the husband swear he never would have hit anyone. Also, the female officer was involved in another shooting in self-defense years earlier.

And there is the question of a missing 6-year-old girl.

Gardner has a knack for tackling uncomfortable subjects mixed with compelling characters and a taut story line. Here, she constructs an emotional roller coaster that few can emulate. JEFF AYERS (AP)



**Cinema Search Engine:** Hoping to earn money from every snippet of a film, Universal has licensed a vast portion of its library to AnyClip, a company that chops up films (such as "Jaws," pictured) digitally and makes every moment searchable. AnyClip plans to sign up partners such as IMDb.com, Fandango and Hulu. "It's about letting users have the power to find their favorite moments from their favorite movies," AnyClip's CEO said. (THE HOLLYWOOD REPORTER)

expressnightout.com

FOR MORE UPCOMING EVENTS, FOLLOW THE TOP STOPS BLOG AT EXPRESSNIGHTOUT.COM/TOPSTOPS



### 1 Fat Tuesday

Zydeco is not only the best Scrabble word ever; it's also the correct term for Creole roots music, which is often mixed with bluegrass and Dixieland jazz. Example: the Junkyard Saints, left, whose New Orleans riffs will headline Artisphere's Mardi Gras bash. Dance lessons start at 7:30 p.m.; the real action gets going by 8:30 p.m. *Artisphere, 1101 Wilson Blvd., Arlington; 7:30 p.m., \$12-\$15; 703-875-1100, Artisphere.com. (Rosslyn)*

### 2 Flipping for Gold

We're still pulling for "prospector chic" to become a thing. So, we're glad to see the experimental circus artists — that's acrobatics, not clowns and elephants — of Cirque Mechanics doing their part to make the Wild West cool again with a show whose aesthetic is pure Oregon Trail. Except we're pretty sure there were no aerial stunts on the Oregon Trail. *Strathmore Music Center, 5301 Tuckerman Lane, North Bethesda; 8 p.m., \$25-\$45; 301-581-5100, Strathmore.org. (Grosvenor)*

### 3 Illness as Metaphor

If you missed Anna Deavere Smith's one-woman show on sickness and health, "Let Me Down Easy," at Arena Stage earlier this year, you can see excerpts from it and find out about the process behind it when she speaks in College Park this week. *Clarice Smith Center, University of Maryland, College Park; Tue. and Wed., 8 p.m., \$42; 301-405-2787, Claricesmithcenter.umd.edu.*



# At Washington Hospital Center, we are motivated by a single value: **Our Patients Come First.** In every circumstance, that's what we pursue.

Despite a strike by National Nurses United, we remain fully staffed — thanks to the dedication of our nurses, physicians and all other staff members.

Washington Hospital Center would like to thank our staff for their dedication and commitment to delivering uninterrupted, high quality care and to assuring that patients and their families felt confident, safe and secure in their care. Our staff nurses, patient care technicians and other clinical support staff worked together as a team, demonstrating and delivering the highest level of care — as they do every day.

On the day of the strike, hundreds of nurses, more than were actually scheduled, reported to the hospital to care for their patients. Our nurses who chose to remain at the patient bedside allowed us to:



- Tend to the needs of 732 inpatients
- Ensure surgeries and elective procedures ran as scheduled
- Provide emergency and trauma care
- Deliver 10 newborns
- Keep all services and clinics open and fully operational

To our nurses who are the cornerstone of delivering high quality care, thank you for standing up for our patients by remaining at their bedside. We value our nurses, your profession and the compassionate care you provide every day. For this, we promise that:

- We remain committed to negotiating in good faith with the union for a fair contract.
- We are available to negotiate with the union to resolve the contract immediately.

And to our patients and our community, whom we have served for more than 50 years, thank you for continuing to place your trust in us. To you, we promise that:

- We will continue to serve you by offering high quality patient care, regardless of the circumstances.
- We will continue to put you first.



**Washington  
Hospital Center**  
*MedStar Health*

## TV tonight lookout

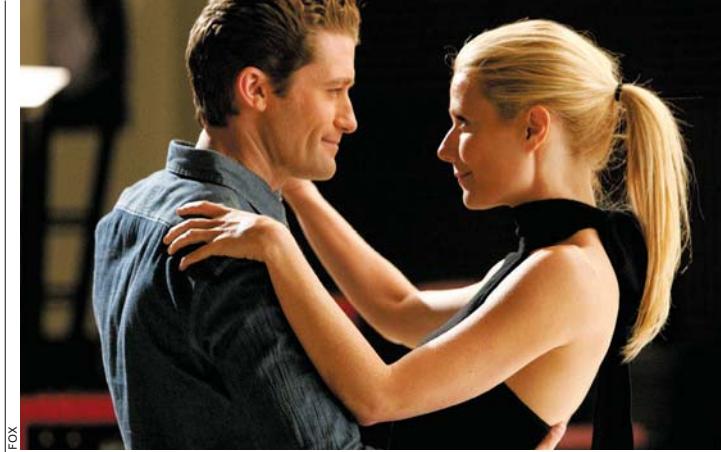
# Another Starry Night

Special guests steal the spotlight on 'Glee' and 'Raising Hope'

### Cameos

**FOX 8:00** It's all about the guest stars tonight on Fox. Gwyneth Paltrow returns to "Glee" (8 p.m.) as Holly Holliday, the less-than-secure substitute teacher. In this episode, Holly takes over the sex-ed class and joins Mr. Schuester in imparting some new ways of looking at the birds and the bees. Look for John Stamos in a guest stint, too.

Fresh from her appearance at the Oscars, Paltrow has gone from being a widely admired actress for movies such as "Shakespeare in Love" to a poster child for the kind of celebrity many fans love to hate. Some recoil at her making public pronouncements on American culture while living with a rich rock star in the United Kingdom. Others find her attempts to do all that while passing



Gwyneth Paltrow, pictured, with Matthew Morrison, reprises her role on "Glee."

as a Nashville country singer just a bit too much.

Elsewhere on Fox, Mary Lynn Rajskub guest-stars on "Raising Hope" (9 p.m.). Best known for her long turn as Chloe on "24," comic actress Rajskub has made a career out of playing socially awkward characters. She was seen recently on "Modern Family" as Mitchell's embittered one-time girlfriend.

On "Hope," she appears as the

new wife of Mike (Skyler Stone), the dysfunctional family's cousin just back from a spiritual quest. In a spoof of "Big Love" and "Sister Wives," Mike has taken a wife and three "brother-husbands" (Paul F. Tompkins, Kent Avenido and Christopher Frontiero). And if that weren't enough, look for J.K. Simmons as Mike's estranged father. **KEVIN McDONOUGH (UNITED FEATURE SYNTHESIS)**

### Best Bet

**CW 9:00**



**Hellcats** Marti deals with the tense consequences of her confession that she hooked up with Dan. When Alice's father unexpectedly arrives to watch her fly at sectionals, she blackmails Savannah (Ashley Tisdale, left) into giving up her spot as a flier.

**BRAVO 10:00**

**The Real Housewives of Miami** Adriana invites the ladies to her latest gallery opening, but the pressure is on when the artist she has commissioned isn't even close to finishing his pieces just days before the show.

**NBC 10:00**

**Parenthood** Defending his son leads Adam (Peter Krause, right) into an altercation with another man. Crosby and Jasmine discuss the sale of Crosby's boat. Sarah and Gordon spend a night together, creating tension with Amber and Drew.



**USA 10:00**

**White Collar** In the season finale, Neal (Matt Bomer) confronts the evil mastermind behind the death of his old flame, Kate, and also learns the answer to one of the greatest mysteries in history. Hilarie Burton and Andrew McCarthy guest-star. **(TRIBUNE MEDIA)**

### Drama

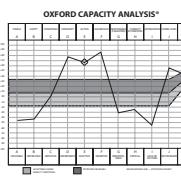
#### Stone-Cold Cop

When the detectives on "Detroit 1-8-7" (10 p.m., ABC) investigate the high-priority murder of a college student, the victim's boyfriend (J.D. Williams), who is also an old rival of Stone's (D.J. Cotrona, pictured), surfaces as one of many possible suspects. Sanchez (Natalie Martinez) tries to ferret out the truth about Stone's junkie ex-girl-



friend (Kristina Apgar), who is trying to rekindle their relationship. **(TM)**

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# lookout online

## Poll Center

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VOTE AT [EXPRESSNIGHTOUT.COM](http://EXPRESSNIGHTOUT.COM) OR TEXT A FOR YES OR B FOR NO TO 98999

### Monday's Results

**HAVE RECENT QUID-PRO-QUO ALLEGATIONS CHANGED YOUR OPINION OF D.C. MAYOR GRAY?**

41% **59%**

— NO — YES —

**"No. [Sulaimon] Brown** is crazy and is just looking for more attention and someone to blame for his job loss."

COMMENTER LAY

**"My opinion of Mayor Gray** can't get any lower no matter what he does."

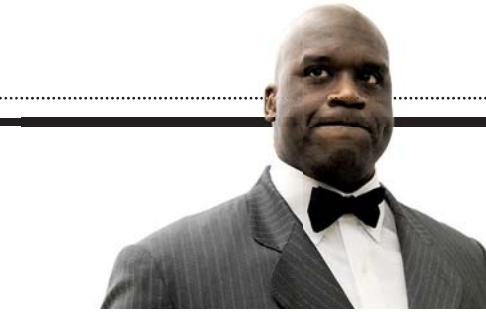
COMMENTER NOT A QUARTERBACK

SEE HOW YOUR METRO STATION VOTED AT [WWW.EXPRESSNIGHTOUT.COM](http://WWW.EXPRESSNIGHTOUT.COM)



**"This just ... knocked our socks off. If we are to use only one tag for this post, it would be #unbelievable. How else can you describe this stunning re-creation of the Pixar 'Up' movie house?"**

— **HOME-DESIGNING.COM** WAS STUNNED TO SEE A HOUSE SUSPENDED FROM BALLOONS FLYING ABOVE LOS ANGELES. THE PROJECT WAS PART OF A NEW NATIONAL GEOGRAPHIC TV SHOW CALLED "HOW HARD CAN IT BE?"



"The ESPN 'Outside the Lines' piece on Shaq and Biggie Smalls was interesting, as I didn't realize the extent of the two icons' relationship.

I absolutely forgot that Shaq's first album did over 1 million units, which is incredible considering how hard it is for 'real' artists to sell records these days, let alone NBA centers. Also forgot how GOOD [their] collabo song, 'Can't Stop the Reign,' actually was.

— **COSBYSWEATERS.COM** WAS IMPRESSED WITH THE TV PIECE, IN WHICH SHAQUILLE O'NEAL ADMITTED THAT HE WAS SUPPOSED TO BE WITH THE NOTORIOUS B.I.G. THE NIGHT HE WAS FATALLY SHOT IN LOS ANGELES IN 1997.

"Viewers are leaving Glenn Beck in droves. While I think the idea of Fox News' dumping Beck is insanely premature, [David] Carr raises a good point: Viewers can only stomach so much gloom & doom. After a while, that story gets old — regardless of world events."

— **THEPAJAMAPUNDIT.COM** AGREES WITH THE NEW YORK TIMES BUSINESS COLUMNIST'S POINT THAT BECK'S TV SHOW TOPICS ARE DRIVING HIS RATINGS DOWN.

## Women: Is Your Drinking Causing Problems? Do You Drink Alcohol to Help Ease Your Anxiety?

If you are a woman ages 21 to 65 who has tried to stop drinking, or decrease the amount of drinking, but can't, you may be eligible for a research study testing the effectiveness of a new drug for women with alcohol and anxiety problems. This is a five-week inpatient research study at the Clinical Center in Bethesda, Maryland.

There is a chance of receiving placebo (an inactive sugar pill).

There is no cost to participate and participants will be compensated.

**Call: 301-496-1993**

TTY: 1-866-411-1010

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

Study #: 10-AA-0046



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March 8

March 14

March 14

March 18

March 26

April 2

April 2

April 4

April 12

April 14

April 18

April 18

April 25

June 7

June 21

For complete outline and schedule,  
visit our website at [volgenau.gmu.edu/techadvance](http://volgenau.gmu.edu/techadvance)

Arlington, Herndon, and Loudoun

# puzzles lookout

## Horoscope

**PISCES** (Feb. 19-March 20) You may want to shift things around in a manner that seems random to others, but to you it represents a return to order.

**ARIES** (March 21-April 19) A straightforward assault on an issue that has proved stubborn in the past is likely to open some eyes — and, possibly, some minds, too.

**TAURUS** (April 20-May 20) You must come to terms with the adversity that is facing you. Do everything you can to understand your rival's true motives.

**GEMINI** (May 21-June 20) You mustn't lose sight of the big picture; focus on the details when the time is right, but never become shortsighted.

**CANCER** (June 21-July 22) No matter how complicated something may get, you'll have a way of getting to the heart of the matter. Others will follow, surely.

**LEO** (July 23-Aug. 22) Don't end up standing in your own way for any reason. A clear path to an important goal can surely be discovered.

**VIRGO** (Aug. 23-Sept. 22) You may come to mistrust your feelings for a while, especially when you make a gut decision that proves to be unwise.

**LIBRA** (Sept. 23-Oct. 22) You've been asking a lot already from someone close to you, and you'll no doubt have one more big request to make of him or her.

**SCORPIO** (Oct. 23-Nov. 21) You can't afford to let anyone second-guess you at this time — and you certainly don't want to start doubting yourself, either.

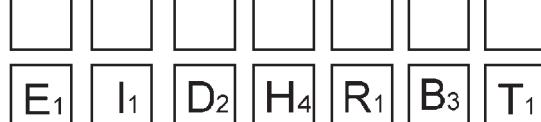
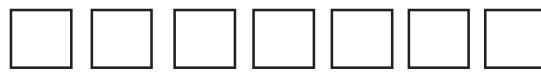
**SAGITTARIUS** (Nov. 22-Dec. 21) You'll be closer than expected to a certain personal goal, but a family issue may require you to put things on hold for another day or two.

**CAPRICORN** (Dec. 22-Jan. 19) You may not know it, but someone close to you is already providing the support you will need very soon.

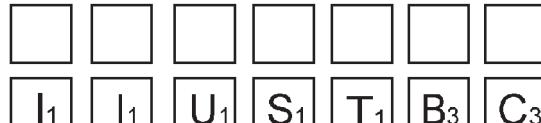
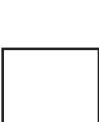
**AQUARIUS** (Jan. 20-Feb. 18) Illusion can be powerful at this time, and you must guard against any sort of deception that puts you at a disadvantage.

## Scrabble Grams

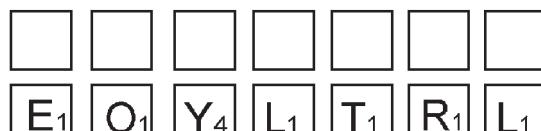
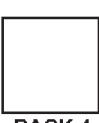
PAR SCORE 150-160, BEST SCORE 220



1st Letter Double



Triple Word Score



RACK 4

## Yesterday's Solution

U <sub>1</sub>	N <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	M <sub>3</sub>	P <sub>3</sub>	T <sub>1</sub>	RACK 1 = <b>65</b>
H <sub>4</sub>	O <sub>1</sub>	B <sub>3</sub>	N <sub>1</sub>	O <sub>1</sub>	B <sub>3</sub>		RACK 2 = <b>13</b>
S <sub>1</sub>	K <sub>5</sub>	Y <sub>4</sub>	L <sub>1</sub>	I <sub>1</sub>	N <sub>1</sub>	E <sub>1</sub>	RACK 3 = <b>78</b>
I <sub>1</sub>	M <sub>3</sub>	P <sub>3</sub>	R <sub>1</sub>	O <sub>1</sub>	V <sub>4</sub>	E <sub>1</sub>	RACK 4 = <b>70</b>
							TOTAL <b>226</b>

PAR SCORE 160-170

## FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

			1	7	3			
	3		8	5	6			1
2								
6	2			1		7	8	
9	1		8		5	6		
9						7		
	8	9	2	1				
7	5	8						

## Yesterday's Solution

4	7	2	3	8	9	6	1	5
8	5	3	6	7	1	9	4	2
1	6	9	4	2	5	7	8	3
5	4	8	7	3	6	1	2	9
6	3	1	9	4	2	8	5	7
9	2	7	1	5	8	4	3	6
3	1	5	8	9	7	2	6	4
2	9	6	5	1	4	3	7	8
7	8	4	2	6	3	5	9	1

Need more Sudoku?  
Find another puzzle in  
the Comics section of  
The Post every Sunday  
and in the Style section  
Monday through Saturday.

© PUZZLES BY PAPPOCOM

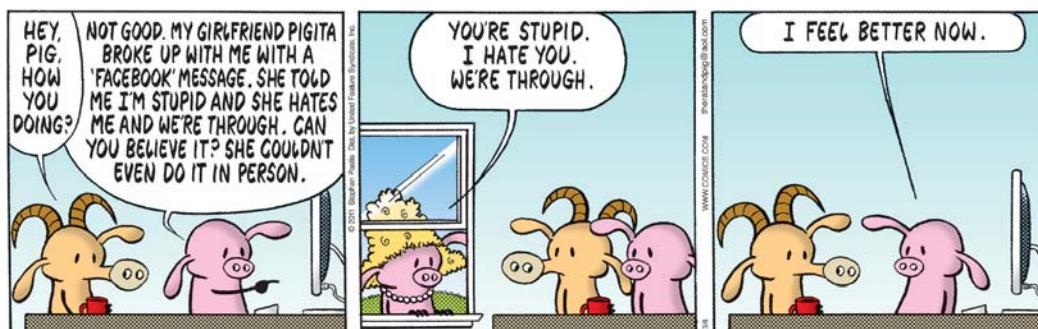
## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

54 | 36

Today: Partly sunny today. Clouds breaking tonight.

48 | 45

Tomorrow: Increasing cloudiness tomorrow. Breezy tomorrow night with rain.

## Looking Ahead

THU FRI SAT

61 | 39 54 | 39 57 | 42

Sun and Moon	Almanac
Sunrise today: 6:31 a.m.	Normal high: 53
Sunset today: 6:08 p.m.	Record high: 77
Moonrise today: 7:52 a.m.	Normal low: 35
Moonset today: 10:02 p.m.	Record low: 13

FORECAST BY ACCUWEATHER.COM ©2009



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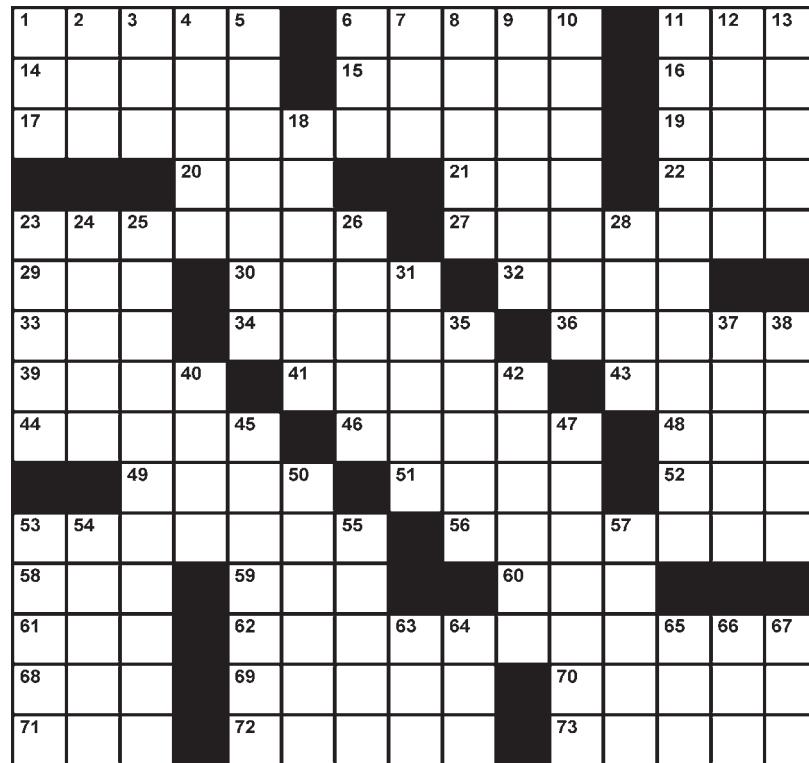
# lookout puzzles

3.14159265

## Crossword

### ACROSS

1 Ersatz silk  
6 \_\_\_ cotta  
11 "The \_\_\_ Who Loved Me"  
14 Take part in a secret joint venture?  
15 Sign of April Fool's Day?  
16 Color subtlety  
17 Formula of a classic dessert?  
19 A little bit of history  
20 Alternative to a bare floor  
21 Recipe phrase  
22 Teacher's favorite  
23 Wrecked beyond repair  
27 Gate locks  
29 Kicking bird  
30 Chalky  
32 Cairo's river  
33 Links number  
34 Sober and sedate  
36 Some weightlifting moves  
39 \_\_\_ a deal  
41 Zillions  
43 Revise  
44 Girth control methods?  
46 Bridge coups  
48 Avail oneself of Vail  
49 Shriek cry  
51 Faucet annoyance  
52 Porker's pad  
53 Topographers  
56 Pre-hanging activity  
58 Swelled head  
59 Water under le pont  
60 Vin source  
61 Tat counterpart  
62 Formula for a slapstick feature?  
68 Bavarian peak  
69 "Poly" attachment  
70 Not be picky with a guitar?  
71 Tropical souvenir  
72 Full of cattails  
73 X, mathwise



EDITED BY TIMOTHY E. PARKER

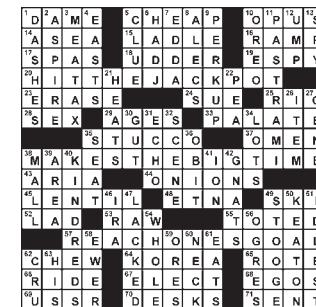
### DOWN

1 Soldier under Gen. Lee  
2 The most you can get  
3 Second-person person  
4 "Don Giovanni," for example  
5 Supernova remnants  
6 Coal or pine product  
7 Go astray  
8 Qatari money  
9 Draw up a new course of action  
10 Type of black bear  
11 English dish's formula?  
12 Whip up  
13 "The Second Coming" poet  
14 Disgorges  
15 Warmish  
16 Muscat citizen

25 Formula for a hearty dinner?  
26 Indian vegetable dishes  
28 Crossword hint  
31 Word on a three-sided sign  
35 Star on the small side  
37 Compare  
38 Yellow jacket's defense  
40 Escalator segment  
42 Discredit  
45 1973 Woody Allen movie  
47 Least ornamented  
50 Heap kudos on  
53 Silver or platinum  
54 Like a contortionist  
55 Posh hotel accommodation  
57 Civilian clothes, for a soldier

63 Actor Beatty  
64 Make an attempt  
65 Tentacle  
66 Theatrical signal  
67 Type measures

### Yesterday's Solution



## Today in History

**1782** The Gnadenhutten massacre

takes place as more than 90 Indians are slain by militiamen in Ohio in retaliation for raids carried out by other Indians.

**1965** The U.S. lands its first combat troops in South Vietnam.

**1971** Joe Frazier defeats Muhammad Ali by decision in what is billed as "The Fight of the Century" at Madison Square Garden in New York.

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Editorial: 202-334-6800

Fax: 202-334-9777

Circulation: 202-334-6992

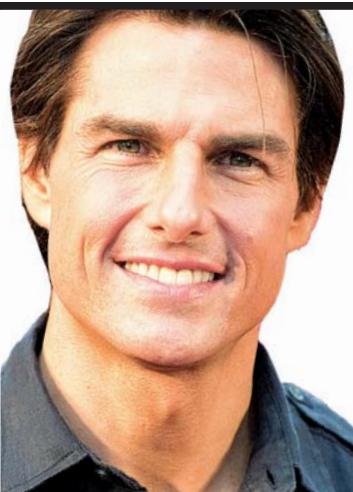
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# people lookout



## SO CLEVER

### Loophole Exploited by Those Who Need It Least

Goldie Hawn and Tom Cruise are among those benefiting from agricultural tax breaks in Colorado. People can qualify for the break simply by cutting hay or allowing livestock to graze on their land. Cruise allows sheep to graze each year on the land he owns near Telluride. The actor pays about \$400 in taxes on land he bought for nearly \$18 million. (AP)

## GUESS THE BLONDE!

### Daryl Hannah? Ellen Barkin? Sharon Stone?

Actor Daniel Craig dressed up in drag for a short film to support International Women's Day. The 007 star donned a flowing blond wig, dress, pearls and sensible heels in the somber clip, which highlights inequalities faced by women around the world. The video notes Bond's "fondness for women" but asks whether he has "ever considered what it might like to be one." (AP)



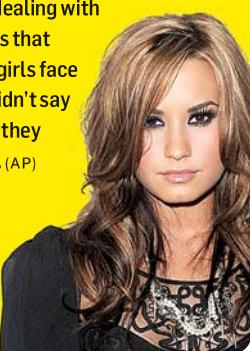
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Jeri Ryan? Elizabeth Shue? Naomi Watts? Diane Lane? We GIVE UP.

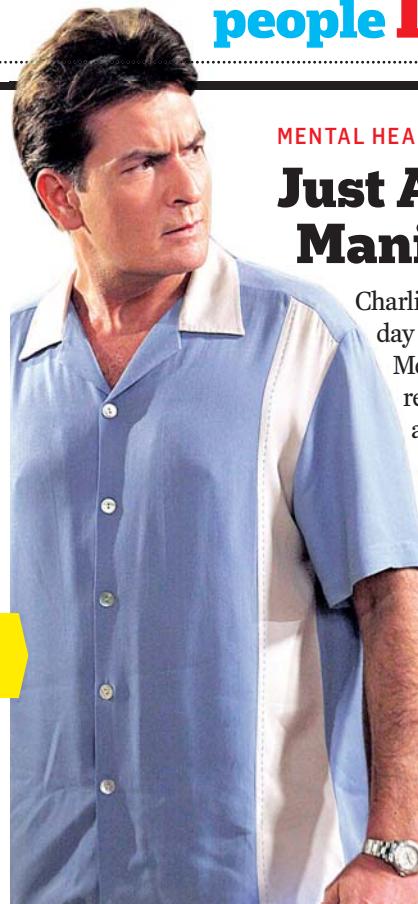
## Victims

### Oh, Honey. Life Will Get Darker.

Demi Lovato says she's ready to go back to work and thanks fans for lifting her up during what she calls "probably the darkest time in my life." The Disney star entered treatment in November. In a video on Cambio.com Monday, Lovato told fans she's home. She says she was dealing with issues that teen girls face but didn't say what they were. (AP)



**"This is very good news. They continue to be in breach, like so many whales. It is a big day of gladness at the Sober Valley Lodge because now I can take all of the bazillions, never have to look at whatshis[expletive] again and I never have to put on those silly shirts for as long as this warlock exists in the terrestrial dimension."**



## MENTAL HEALTH

### Just Another Manic Monday

Charlie Sheen was fired Monday day from "Two and a Half Men" by Warner Bros. after repeated misbehavior and weeks of the actor's media campaign against his studio bosses. The action was taken after "careful consideration" and is effective immediately, the studio said. In a text to The Associated Press, Sheen said "They lose," followed by "Trolls." When asked whether he planned to sue, Sheen texted "Big." (AP)

**"Getting rehabilitated does not require the spotlight, and at this crucial time, discretion would have been appropriate."**



— DINA LOHAN TELLS RADARONLINE.COM THAT, WHILE SHE'S GLAD MICHAEL LOHAN IS SEEKING TREATMENT, "CELEBRITY REHAB" WAS NOT THE RIGHT CHOICE.

## A WELCOME CHANGE

### 'Newly Released Pics' Usually Means Leaked Nude Modeling Shots

A small batch of photographs from Kate Middleton's early years were posted to Officialroyalwedding2011.org Monday. The five pictures from the Middleton family album show her as a pigtailed toddler, a smiling child, on vacation with her family and graduating from college. The last photo shows Middleton with Prince William, who she'll marry on April 29. (AP)



Describing this photo is one of the few acceptable uses of the word "moppet."

# time to vote! NAME THAT RESTAURANT!

The soon-to-open new restaurant at Artisphere needs a name. Express readers were challenged to come up with one.

## Vote for your favorite!

Here are the three finalists...

- Artesano
- here
- También

## Which one do you like best?

Vote for your favorite name at [expressnightout.com/contests](http://expressnightout.com/contests)

Voting deadline is midnight on March 11

The winning name will be revealed on March 17!

## Voting has its rewards!

Everyone who casts a vote will receive a coupon code for discounted tickets to eligible Artisphere shows in March.

NO PURCHASE NECESSARY. Contest is sponsored by Express Publications LLC and Artisphere (collectively, "Sponsor"). Contest is open to those who are 18 years of age or older and live in Washington, DC, Maryland, or Virginia at the time of entry and receipt of any prize. To enter, log onto [www.expressnightout.com/contests](http://www.expressnightout.com/contests), or, mail a 3 1/2" x 5" postcard with your complete name, address, daytime phone number, email (optional), date of birth and nomination for restaurant name to The Washington Post Express Marketing, Artisphere Restaurant Naming Contest, 1150 15th Street NW, Washington, DC 20071. Void where prohibited by law. Entry period begins on 2/8/2011 at 12:00 am Eastern Time ("ET") & ends on 2/18/2011 at 12:00 p.m. ET ("Entry Period"). Subject to official rules. Odds of winning depend on the number of entrants. For complete contest rules, log on to [www.expressnightout.com/contests](http://www.expressnightout.com/contests).

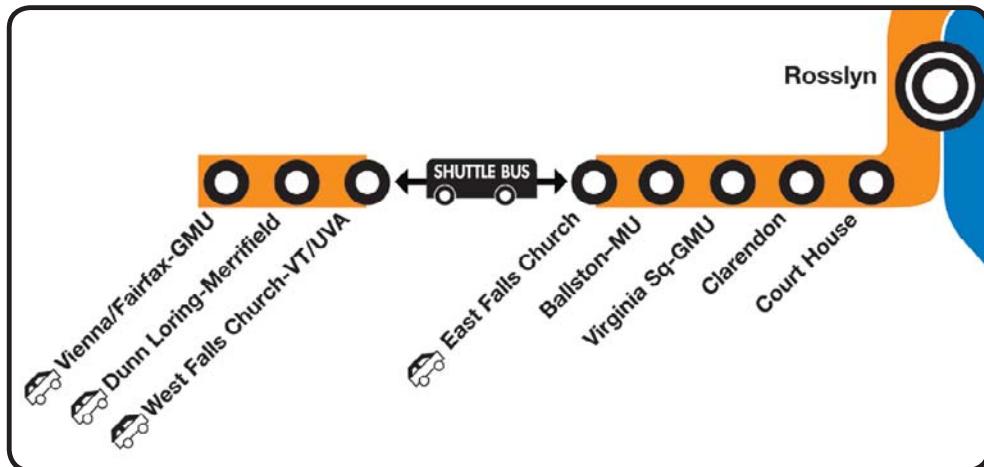
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# The Orange Line between West Falls Church-VT/UVA and East Falls Church stations will be closed the weekends of March 11-13 and 18-20.

- This section will close Friday at 10 p.m. and reopen Monday at 5 a.m.
- Free shuttle bus service will be provided between West Falls Church-VT/UVA and East Falls Church stations. The stations will remain open.
- If you take the shuttle bus, please add 30 minutes to your travel time.
- Consider parking at East Falls Church station and riding Metro from there. Parking is free on weekends.
- The track between these two stations must be closed so that crews can continue construction work to connect the Orange Line to the future Dulles Corridor Metrorail Project. For more information about this important work, please visit [MetroOpensDoors.com](http://MetroOpensDoors.com).



## Other work on the system that will require trains to share one track:

March 11-13 and 18-20:

- On the Red Line between: Forest Glen and Glenmont stations Grosvenor and Twinbrook stations
- ● On the Orange/Blue Line between: Federal Center SW and Eastern Market stations

March 18-20 only:

- On the Blue Line between: Stadium-Armory and Addison Road stations
- On the Yellow Line between: Pentagon City and L'Enfant Plaza stations

